



The

Lodger

August/
September
2017
Issue 24

NEWSLETTER FOR RESIDENTS AND FRIENDS OF THE LODGE AT OLD TRAIL

A Favorite Instructor

He has been coming to The Lodge ever since it opened. Unafraid to be with and to work with residents whether or not they are severely disabled, Christopher “Cubby” Cabbage is eager to bring joy into their lives through what has become known as functional neurology. Cubby conducts weekly clinics at The Lodge and at The Colonnades in Charlottesville for assisted living and memory care residents. Founder of Matilda Blue Tennis, Cubby offers adaptive and athletic programming for students of all levels of ability throughout central Virginia who currently range in age from one to 102.

So what is functional neurology? In the simplest of terms, it is the study of the brain and its relationship to specific body parts and organs through the nervous system. Cubby explains that this relationship can become dysfunctional in older persons and in persons with disabilities such as autism. By stimulating the underused or underdeveloped parts of the brain, Cubby says vision can be made sharper and balance, agility, and coordination can be improved.

He calls his program Quick Restart Tennis. Most of the time at his Quick Restart clinics is spent exercising the body from head to toe, while playing with nerf balls and undersized racquets is a lesser portion of the instruction. Laughter and joy are essential with Cubby telling funny stories and eliciting humor from clinic participants as well. On the day of this interview, Cubby planned to tell a true story of a shoe shine company that is now in the wrist watch business.



Storytelling is a natural for Cubby. He is working on a children’s book of short stories he hopes to get published. Matilda Blue, a young one-legged Jamaican girl, is the fictional character in the stories. The name stuck with him ever since a friend told him that was his girl friend’s name. Matilda Blue is used in his company logo.

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RESIDENT FOCUS

After 20 years of world-wide travel, Ed and Janice Bishop have decided to hunker down at The Lodge. Ed’s job with The Church of Jesus Christ of Latter-day Saints took him and his family to live in places as far reaching as Australia. He has set foot in 68 countries around the world. Because of Janice’s proficiency at the keyboard, she is known by students and audiences everywhere they have lived for her piano and organ playing, instruction, and accompaniment. Although they retired from employment nearly two decades ago, the Bishops continue to maintain an active lifestyle.

The Bishops met when they were both attending Brigham Young University in Provo, Utah. At the end of their first school year, when they were “getting serious,” Janice quit college and got her first job as secretary. It was on a trip to see Ed at the university that he asked her to first pick up a package from a store in

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Right: Ed Bishop with a chieftain talking stick that he got as a souvenir while in Samoa. Below: Ed and Janice Bishop in their living room.



Resident Focus (cont'd)

Salt Lake City and bring it with her to Provo. From that package, Ed presented her with a diamond and asked her to marry him. Janice says she was not sure she was ready, but she, nevertheless, answered in the affirmative. The couple were married in 1956 in the the historic Salt Lake Temple, the largest Mormon temple in the world. They observed their 62nd wedding anniversary this year.

Ed completed his college education at the University of Utah in Salt Lake City gaining a degree in mechanical engineering.

Ed had always thought about becoming a farmer. That was not surprising. Ed's father, after all, ran a 600-acre farm using all horse-drawn equipment in Alberta, Canada where Ed grew up. He helped with all of the chores, gathering eggs, hauling firewood, feeding the cattle and pigs, and assisting with the annual grain harvest. But farm life in Alberta was rugged. Ed remembers the harsh winters when the water in the tea kettle was frozen in the morning.

An urban girl, Janice was born in Salt Lake City and spent her childhood in Magna, Utah, a township on the edge of Salt Lake City. Her contractor father built several of the schools in the Salt Lake area and a number of J. C. Penney stores in surrounding states. Her mother was a school teacher.

Janice began piano playing when she was seven years old at the urging of her parents. She continued studying the piano through high school and was considered of unusual ability by several of her teachers. She continues practicing and playing the piano to this day and has performed in many programs and recitals on both the piano and organ.

Ed's interest in farming and training as an engineer launched him on a career in food processing and preservation. He began with the Ralston Purina pet food company in Ontario and Cincinnati, Ohio where he served as plant engineer until starting a new job as plant manager for Container Corporation of America, first in Indiana and then St. Louis and Los Angeles. While with Quaker Oats in Wimbledon, England (Janice says they could see from their apartment when Wimbledon game spectators departed allowing them to happily occupy their seats), Ed was presented the opportunity of employment with the Welfare Department of the Mormon Church at half the salary at Quaker Oats, but

he thought with much better prospects than those offered by the private company.

Thus began his 20 years with the Mormon Church that included overseeing the food processing plants operated by the church for both welfare and investment purposes and later establishing new business offices in countries where church membership was growing. A pasta mill, powdered milk and cheese plants, and a peanut butter plant were among the facilities that Ed modified and often had rebuilt. His international assignments were based in New Zealand, Nigeria, Samoa, and Australia.

While in Samoa, the Bishops were involved in the relief efforts due to not one, but two devastating cyclones. In Australia, they adventured by car across the 2,500 mile wide continent in five days, carefully planning their stops in the mostly arid interior landscape.

Both their daughter Christine and son Keith are living in nearby Fishersville. Keith was instrumental in the inauguration of the physical therapy facility at Mary Baldwin University. The Bishops have six grandchildren and eleven great-grandchildren..

Ed and Janice remain active in their church affiliation. Their responsibilities have included program direction and teaching gospel doctrine. Ed has presided over women and children programs, and Janice is now organist in their church in Charlottesville. Don't be surprised if you see them flailing their arms in the Harris Community Room — they are addicted to virtual bowling using the Wii video game.



Ed and Janice, circa 1980.



Another of the Bishop's souvenir treasures is this helmet presented to Ed by former BYU football coach Bronco Mendenhall, now head coach at UVA. Ribbing Ed for an injury to his forehead, he inscribed the words "Stay low" on the helmet. The Bishops know Mendenhall and his wife through their church.

Gracing the Bishop's living room is an unusual furniture piece that might be 100 years old—a Vose and Sons upright piano purchased by Janice's parents and the same one on which Janice learned to play. The handsome oak-colored upright has been a part of the Bishop furnishings ever since her parents gave it to them at the time of their wedding. Janice says it was placed in storage when they lived abroad because another piano was always available to them. Except for the replacement of the felt pads on the hammers that strike the strings and periodic tuning, the piano lives a ripe-old age. No wonder. Made in Boston, Vose pianos were considered truly exceptional. James Vose began in business in 1851, was joined by his sons in 1898, and during the Great Depression sold out to another piano builder that went out of business in the 1980s.

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

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This hockey-puck sized gadget is seemingly taking over America. You might be interested. Read about it in the next issue of *The Lodger*.



A Gathering Place With an All-Day Menu

The house across the street from the rescue squad building in Crozet appeared to be just what Camille Phillips had been looking for. It was just before the housing bubble burst and prices were at their highest. But Phillips had an irresistible desire to own and operate a neighborhood eating and gathering place. So she purchased the house, jumped through a slew of government regulations, and performed three years worth of remodeling to celebrate the grand opening of Green House Coffee in the fall of 2010.

Having spent 25 years as a registered nurse, most recently in the oncology unit of UVA, Phillips says she found herself looking for something to do that was happy and fun and that could nurture in a different sort of way. The prime ingredients for a major career switch were ultimately pieced together.

Cooking and baking had always been a favorite of hers, no doubt an offshoot from the interest in cooking by her Cajon parents in Louisiana where she grew up.

While in England on her first assignment as an Army nurse, the neighborhood sense of community she observed at cozy, little eating establishments



made a lasting impression on her.

And a husband who has the skills necessary to renovate an old house and she with a “very busy brain” were huge incentives, too.

Then she found the 1920s house for sale on the edge of Crozet’s downtown, already zoned for mixed use and eligible to be used as a restaurant.

Phillips launched into some major tasks that stood in the way of opening day. The inside had to be essentially gutted, including removal of the second floor. The electrical and plumbing systems required updating and a new heating and air conditioning system had to be installed along with a new commercial kitchen. Outside, over 100 trees were planted and a parking lot was built. All the while, zoning and health department rules governed what was done.

The final result: seating on the inside for 32, another 30 on the outside patio, and space for 30 cars in the parking lot.

Boasting that breakfast and lunch fare are available all day, Green House Coffee is open every day from 7 a.m. to 7 p.m. except on Sundays. A variety of deli and panini sandwiches, salads, egg dishes, and omelets are all prepared on site.

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Proprietor Camille Phillips (left); Green House Coffee entrance off the parking lot with adjoining patio and umbrella-shaded tables (right).



Green House (cont'd)

Baking is done from scratch, but because of kitchen space limitations, pies are imported from Pie Chest in Charlottesville and bread is delivered daily from Goodwin Creek Bakery in Afton. Drinks include various coffee blends, tea, and smoothies. Coffee is from Charlottesville's Shenandoah Joe.

Phillips says she purchases the best quality local foods she can find, believing strongly in healthy eating. All of the meat served at the restaurant is nitrite free.

Although her staff has grown to 18 employees, including her part-time son and daughter, kitchen space limits her menu options, especially the homemade soups that she enjoys making during cooler months. To remedy that, her husband has been enlisted to convert a shed in the rear yard into a fully commercial "prep kitchen."

Expanding the size of the restaurant is not possible, but Phillips looks forward to providing more pick-up meals for customers calling in their orders, a trend she says that is growing in the food business.

Perhaps she has hit upon another trend by opening a coffee shop in partnership with a former Green House employee at Piedmont Virginia Community College. Called Perk Up, the shop offers drinks and baked goods and was opened in 2016.

Phillips can feel justly proud in making Green House Coffee the neighborhood gathering place that she envisioned.

The Green House Coffee telephone number is 434-823-1077. Its website is at greenhousecrozet.com.



The house used for Green House Coffee is seen in this 1940s photo when it was a private residence alongside a Sinclair gas station.. The gas station was removed and replaced at a later date by the Dairy Queen at the intersection of Crozet and Railroad Avenues. The photograph was made from the top of the building that is now Mountainside Senior Living. Local historian Phil James gifted restaurant owner Camille Phillips with a framed copy of the photo.

Favorite Instructor (cont'd)



While Cubby underestimates his expertise in functional neurology by emphasizing that he is "self taught" (he undoubtedly ranks expert), his mastery of tennis is unquestioned—36 years as a professional and 30,000 hours of on-court training. He served as tennis pro in South Carolina, Ohio, Maryland, and Georgia and was named the 2014 Mid-Atlantic Tennis Professional by the United States Tennis Association. He says playing tennis began when he was only seven years old at McIntire Park in Charlottesville where he grew up. His athletic capacities won him a full scholarship as a baseball player while attending the University of North Carolina.

Fathering his autistic stepson and caring for his ailing parents who suffered from arthritis and dementia aroused his interest in helping those who were struggling with life. He was certain that what he learned on tennis courts was applicable to people wanting to restore their motor skills. That led to extensive research and training from leading experts to develop an adaptive tennis program.

His clinics are one of the most popular fitness programs at The Lodge. The son of an assisted living resident was shocked when he saw his mother participating in the class and swinging her racquet because she had not been active for many years and was usually not interested in group activities.

He offers his QuickStart technique to children learning to play tennis and private lessons for anyone interested in improving their game. Further information is available on his web site matildabluetennis.com or by telephone at 434-906-8554.

THE BEES ARE BUZZING AT HIS HIVE, says Lodge owner David Hilliard, renewing the hope that we may see more of that delicious Lodge honey in the future. Contemporaneously, researchers at the University of Arizona continue giving priority to the study of bumblebees. The latest finding: bees don't have to learn how to collect pollen, nor do they need to. Unlike nectar foraging that requires a complex learning process, two methods of pollen collection are wired into their brains at birth.

Using its mandibles and legs, a bee will brush off the pollen grains into collection baskets on its hind legs. That is called "scrabbing," and works well on flowers with abundant pollen. For pollen more difficult to access, bees will "sonicate" or buzz to release hidden pollen. If one method doesn't work, they switch to the other.

Evolutionary biologists are grateful for this flexibility in bees, because without it flowers with concealed pollen would have never survived.

