



The

# Lodger

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NEWSLETTER FOR RESIDENTS AND FRIENDS OF THE LODGE AT OLD TRAIL

## Susan Nail Named Lodge Executive Director

Susan Nail explored a variety of careers before finding the one that gave her the most satisfaction. She ultimately realized that working with seniors was her calling. Susan's lifetime of experience culminated in her appointment in June as the new Lodge Executive Director by Lodge owner David Hilliard.

Licensed as a Virginia Nursing Home Administrator, Susan has served as the Assistant Administrator in two premier skilled nursing rehab communities, one in Illinois and the other in Sterling, Virginia.

"When I met Susan I realized how driven and truly smart she was, one of the main reasons I hired her," says Hilliard. Her striking energy and joyfulness had to have helped, too.



Continued next page

## We'll Miss You, Tess !



Marjorie Hanawalt

Residents, managers, and staff turned out on June 20 for a motorcycle-themed farewell to Human Resources director Tess Marshall, whose employment at The Lodge spanned over six years. Her arrival at the Pub, heralded by the roar of her Harley, once

more demonstrated her readiness to enter into the spirit of the occasion.

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## RESIDENT FOCUS

Persons of letters, Jack Shea and Ann Bowler found each other at the same consulting firm in Washington, D.C. where they were employed. Their backgrounds were different. Jack had lived a celibate life. Ann was a divorcee with three children. But they were intellectually blessed, destined to become respected authors of several books, and had similar likes, including each other. They married in 1986 and spent another ten years working in the Washington, D.C. area.

Upon retirement, Jack and Ann resolved to escape from the hubbub and pressure cooker atmosphere of living inside the beltway. They found the ideal location in Nelson County bordering the Rockfish River where they lived for 13 years. When age and health issues began interfering with the responsibilities of home ownership, they relocated to The Lodge in January 2018.

No stranger to Washington, D.C., Ann is a native of the national capital where she graduated from high school. Her mother was half Ojibwe Indian. Ann spent many summers with her mother's family in Minnesota where the Ojibwe people lived. Ann recalls her full blooded Ojibwe maternal grandmother who she says somewhat scared her. "She seemed to have a menacing look and I could never speak to her because she only knew the Ojibwe language."

(The Ojibwe people live mainly in the north-central

Continued next page



## Resident Focus (cont'd)

United States and southeastern Canada. They have the fifth largest population among Native American tribes in the United States. They are also known as Chippewa. Henry Wadsworth Longfellow's epic poem, *The Song of Hiawatha*, relates the fictionalized adventures of the Ojibwe warrior.)

Ann received a degree in microbiology from the University of Maryland and her graduate degree in biostatistics from Georgetown University, training that qualified her to apply mathematics to the complex problems of medicine and biology. She spent much of her professional career at the National Institutes of Child Health and Development of the NIH and was contributing author of over 25 published papers.

Jack is a New Englander having grown up in Holyoke, Massachusetts. His father was a foundry worker who died early, forcing his mother to make ends meet by working as a cook. He graduated from Holy Cross College in Worcester, Massachusetts with a degree in English literature and then studied theology at St. Mary's Seminary and University in Baltimore.

Jack was ordained a Roman Catholic priest in 1960. He taught Latin and Greek at St. Charles in Baltimore, and from 1963 to 1965 earned his doctorate in sacred theology at the Gregorian University in Rome. He is also fluent in French and German. He received an award for his translation of a German book on church feasts and seasons.

When assigned in 1965 to St. Mary's Seminary in Baltimore, Jack taught theology of Roman Catholic liturgy as well as modern renewal to make worship rites more meaningful and understandable. He took on a prominent role in the translation of Vatican-revised liturgical texts into English which have become officially used throughout the English-speaking world.

Jack left the priesthood in 1972 to pursue a career in technical and scientific writing, including preparation of conference and congressional reports for NIH.

Jack is the author and publisher of *Simply Fred*, a book on a major contributor to liturgical renewal, and *The Jade Hook*, a book that started as a documentary of a hiking trip and ended as a murder mystery.



Maybe

Ann is a co-author of *Schizophrenia and Manic Depressive Disorder*. The book is the product of a landmark study of identical twins in which one suffered from mental illness and the other did not. Ann's interest in the subject was heightened by the diagnosis of schizophrenia in one her two sons.

Hardy outdoor recreationists, Ann and Jack were serious hikers, bikers, and skiers. They skied in Switzerland and Austria and traveled to New Zealand to hike the famed Milford Track, a 33-mile four day hike through rainforests, wetlands, and an alpine pass.

Imprecision is anathema for technical writers, but Maybe is the name Ann and Jack gave to their ultra-friendly female cat. The animal shelter said another party would "maybe or maybe not" adopt her, but they reneged, and Maybe, no longer a maybe, became their family member.

We are honored to have all three at The Lodge!



Wedding Day  
in 1986

Hiking  
New Zealand's  
Milford Track  
in 2000



## Susan Nail (continued)

Committed to preserve the superior quality of continuing care that The Lodge is known for, Susan is already thinking of how to grow that recognition by the surrounding communities. She hopes to find ways of better integrating independent living residents with the community.

Promoting more travel opportunities for residents and continuing special activities like the recent Nashville Night event are also on her wish list.

Exploring a number of vocational pursuits, Susan worked as a bookkeeper, a paralegal, and an investigator for the Department of

Homeland Security. Completion of the culinary program at Johnson and Wales University allowed her to intern at Walt Disney World resort and serve as the Executive Chef for a number of premier restaurants in Virginia.

She later received a degree in history from Longwood University.

She enrolled at George Mason University where she earned her master's degree in healthcare administration.

During what spare time her professional work allows, Susan is an SPCA volunteer and devours non-fiction books on both World War II and the cold war.

She has traveled extensively in Europe and is looking forward to a future Viking River Cruise traveling to Norway.

We heartily welcome Susan to The Lodge and extend our best wishes to her in meeting all the demands of her new position.

**The Lodger**  
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for residents and friends  
of The Lodge at Old Trail.

Jim Clark, editor

Advisory Committee

Sue Clark

Jean Sellers

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# Local Business Popularizes Kombucha



The building housed an organic ice cream maker and a manufacturer of crab cakes. With the demise of both, the owner of the building in Waynesboro hung out a For Rent sign which caught the eye of Ethan Zuckerman. Afton resident Zuckerman and his wife Kate had outgrown their 400 sq ft garage where they had been brewing kombucha since 2010 for a growing customer base. They needed a lot more space for Blue Ridge Bucha, their business that started as a backyard hobby. The building turned out to be a dream come true.

For those of us who may not know about kombucha (kawm-**boo**-chah), it is a fermented tea drink thought to have most likely originated 2,000 years ago in Manchuria. While consumption in the United States is fairly recent, kombucha has been traditionally consumed in China and Russia.

Because of nearly no alcoholic content, the effervescent beverage is sold at many micro breweries as a non-alcoholic alternative. Blue Ridge Bucha provides their kombucha to both Starr Hill Brewery and Pro Re

Nata in Crozet, where it is available on tap. It is also available at Whole Foods in Charlottesville and now in their own taproom in Waynesboro.

Although the many health benefit claims for drinking kombucha are mostly all anecdotal, everyone agrees that it is loaded with digestive, beneficial probiotics. Many people are finding kombucha to be a healthier substitute for soda drinks. Moreover, the ingredients of Blue Ridge Bucha are certified as organic by the U.S. Department of Agriculture.

The Zuckerman's kombucha brewery has been completely relocated to the Waynesboro location, which also includes the new taproom. The taproom offers tastings, growlers and refills, and a selection of locally produced snack and other drink options. Limited release flavors are offered only at the tap room along with the company's regular flavors.

Bar seating and a children's play area are provided inside and an outside area is equipped with tables and umbrellas. **Continued next page**



## Kombucha (cont'd)

Versatile Ethan Zuckerman mixed his own stain using tea leaves to decorate the taproom bar area.

In the rear of the building is a maze of pipes and vats operated under the watchful eye of the company's brewmaster. The three-week long brewing process begins with the fermentation of sugared black or green tea by a culture of bacteria and yeast known as SCOBY. After the fermentation is completed, the kombucha is flavored and carbonated, all the while flowing in the closed system of pipes and vats. The completed product is dispensed into refrigerated, pressurized kegs that are shipped to taprooms as far away as Washington, D.C.

"We could not have found a better site for the business," says Kate. Solid concrete floors as well as floor drains help make it perfect. Water is an all-important ingredient to bucha making, and Waynesboro water the Zuckermans think is as good as what they got from their well in Afton. Waynesboro authorities say they add chlorine only because of a state requirement. Kate says the city uses a type of additive that can be easily removed by filtration although they are continuing to test the water to be sure.

Like with every business start up, the Zuckermans have had their ups and downs. Washing the bottles before filling them with kombucha was becoming a full time job back at their Afton garage. Besides, being the believers and promoters of sustainability that they are, the Zuckermans agonized over selling throw-away bottles. That is when they came up with a new business model: kombucha in refillable bottles. Overnight they solved the washing chore and since then they estimate having kept some 800,000 glass bottles from ending up in land-fills.

Then Gallo Wines in California brought suit against the Zukermans for using the name Barefoot Bucha, the former name of their Afton business. Gallo thought it was an infringement on their Barefoot Wine name. After an amicable settlement, the Zuckermans approached their customers for a suggested new name, many of whom proposed the adopted Blue Ridge Bucha title.

The tireless Zuckermans find the time for two other major responsibilities as well: building their own home and raising their two pre-schoolers. But there are limits. "We don't have to go national. We are happy to just stay a major regional supplier of bucha," says Kate.



*Blue Ridge Bucha co-owner  
Kate Zuckerman.*

## Tess (continued)

Tess began work here as a receptionist. Looking back at her time at The Lodge, she said, "I was fortunate to move up in the ranks and enjoyed every minute of it. I have also enjoyed getting to know each of you as you have allowed me to be a part of your lives, and I will miss you all tremendously, from the bottom of my heart." Tess and her husband, Chris, will move to Tampa, Florida, where he has accepted a job at MacDill Air Force Base.

Never one to be limited by the confines of a job description, Tess has been active in all aspects of Lodge life. Many residents spoke to the Lodger of her enthusiasm, warmth, and spirited sense of fun. Bill Mullen describes Tess as "delightfully irreverent, quick to laugh, and all but instantaneous in solving problems," and Betty Johnson stated emphatically, "Whenever I went to Tess about something that needed to be done, it got done!" Housekeeper Linda Griffin said, "It hurts my heart when I think about Tess leaving. She's just a good person, and wherever she goes, she'll be loved."

Lodge owner David Hilliard recalled that Tess was one of the first two employees here, beginning before the official opening in 2012. "I was impressed with how she worked her way up from receptionist to becoming a valuable player at The Lodge. Her love for everybody here will ensure that she will be dearly missed." Looking to the future, David wants Tess to know that "whenever you visit, you will always have a place to park your Harley!"

—Jean Sellers



### HOURS

Open now  
Wednesday thru Saturday  
12 noon to 6 pm

### WEBSITE

[blueridgebucha.com](http://blueridgebucha.com)

### TELEPHONE

540-221-6500

### DIRECTIONS

- From The Lodge, go to Interstate 64 and take westbound ramp.
- Travel Interstate 64 to Waynesboro exit 99.
- Turn left on U.S. 250 west at end of ramp.
- Go 2.2 miles to Blue Ridge Bucha on right, 1803 E. Main St.