

# The Mountain Breeze

## Four Seasons at Charlottesville Community Newsletter

Volume 2 Issue 4

July/August 2013



Rick Smith



Brooke Frautschi



Jim Wilson



Dave Katz



Mary Ann Mongillo



Mike Avery

Don't Forget — 2013-14 Board Elections in July!

Six excellent candidates for four places

Saturday, July 13, 10:30-12:30

"Meet Your Candidates" Forum in the Clubhouse

Saturday, July 20, 11:00am

Vote in the Clubhouse!

Website has candidate resumes:

[our4seasons.org](http://our4seasons.org)

## ~ Meet your Neighbors ~



Regina  
Healy  
&  
Dodie  
Liebler

Regina and Dodie moved to our neighborhood in December, 2012 from Freeport, NY, after a harrowing experience living through the aftermath of hurricane Sandy last Fall.

Regina worked for the telephone company for approximately 25 years and was able to “retire young” after being offered a buyout she couldn’t refuse. She spent several years as a caregiver for her parents, sharing the duties with her sisters. Regina is one of 6 children and has “loads of nieces and nephews”. It was at the phone company that she met Linda Robbins, now one of our Four Seasons residents, and they became close friends.

Dodie spent 41 years in the transportation side of the Freeport school system. After a few years driving the bus for special needs children, she moved to the safety department and trained new drivers and spent time as a manager. Dodie’s daughter and two grandchildren are in New York, but she enjoys frequent visits with them

When Regina bought her home in Freeport, a co-worker told her that his daughter lived right across from her. This is how she met Dodie, and they became immediate friends. As Dodie says, it was like Regina and her family “adopted” her. Eventually, with real estate taxes getting so high, Dodie and Regina realized they would both be better off financially if they shared a home. So Regina moved into Dodie’s home while getting her home ready to sell. Her house sold in September of 2012. They had no idea how timely this was since a month later they were hit with Hurricane Sandy.

Knowing that they wanted to relocate when Dodie retired, they had been looking at places in North Carolina. But when Harold and Linda Robbins moved here to Four Seasons, they came for a visit and fell in love with the area and our neighborhood. They looked at the houses that were for sale at the time but couldn’t find one that was right for them.

In the meantime, Harold knew that David and Mary Wrighte still wanted to sell their home even though they had taken it off the market. So he talked to David and put him in touch with Dodie and Regina. They looked at the house and immediately fell in love with it and reached an agreement with the Wrightes. As they say, timing is everything, because it was shortly after this that Sandy struck Freeport.

After living through Hurricane Irene a year earlier without evacuating, Dodie and Regina trusted the forecasters. When they said Sandy would be worse than Irene, with expected storm surge of 6-8’, they took their advice and evacuated. They went to Regina’s sister’s house where they ended up staying until the move here. The next day, Dodie talked to a neighbor who had not evacuated and she told her the water was 4’ high outside and up to a foot inside. Hearing this, they knew that had to go survey the damage and see what could be salvaged.

When they got to their neighborhood they were shocked by the devastation and destruction, both saying it was indescribable. They entered the house and knew right away that they had to start ripping everything out. So they started with the carpet and then tore out the plaster board. Even though it was extremely cold and very depressing, Dodie says she assumes their “adrenaline must have kicked in” because they accomplished more than they could have imagined. She went on to say that even after realizing the home she had lived in since she was three years old was ruined, the thing that had the biggest impact on her and hurt the most was standing in a line for food being provided by the Salvation Army, saying “that is when the reality of the situation really hit me”.

Regina recalls how angry she got when cars full of “gawkers” started driving down the street and taking pictures – not even asking if they could help or if the residents needed anything. Normally a mild mannered person – she got so angry that she says she “just lost it” – even shocking her neighbors. She didn’t realize until then how much the stress she was under had affected her, saying she must have reached her “breaking point”. Of course, there were a lot of people that reached out and helped, and still are. They returned to the area recently and said it is starting to show signs of coming back. There are even hopes of a neighborhood block party in the late summer.

Regina and Dodie have happily settled into their new Four Seasons neighborhood. Regina loves to read and bake and Dodie loves to garden. They both enjoy traveling and have taken many trips together; they plan many more. Dodie describes herself as being a “country girl at heart”. She says that after living in the city all of her life, moving into their home here with the park-like setting in their back yard makes her feel like she has “won the lottery”. They both say that going through Sandy causes you to change your perspective on life and what truly matters. Just enjoying the peace and quiet here and watching the birds and wildlife that show up in their back yard is all they need. They also appreciate the sense of community here and have felt very welcomed by their neighbors. And of course, being so close to Harold and Linda Robbins is an added bonus.

Welcome to our community, Dodie and Regina!

— story by Vera Reece

# The Ragged Ramblers: A Brief History

What is sweet **Sue Campbell** doing in a band like this—the infamous **Ragged Ramblers** of Four Seasons? We want to put your curiosity to rest. Here is the story about how this band came to be.

It's September 2012, and **Joe Brennan** is soon to return from his usual summer sojourn in Maine, where he plays acoustic guitar and sings folk songs in a local band and also does solo gigs. Awaiting Joe's return is **Doug Miller**, who started playing guitar some 50 years ago. Doug is a member of *The Gents*, a rock and roll band formed by Doug and some buddies back in his Coast Guard days, and which is still active today, even playing for an annual Third Thirsty Thursday (TTT) here at Four Seasons.

When Joe is in town, he and Doug like to get together for a weekly jam session. These jam sessions began after a chance meeting in December 2010. Joe was newly arrived at Four Seasons, and he had arranged to offer a Christmas sing-along for Four Seasons residents in the Clubhouse. While he was setting up for the event, Doug came over and offered to join him in providing the music for the sing-along. Joe readily agreed, and Doug went home and got his guitar. The event seemed to go well, so the two of them started to get together regularly. They continued through 2011 and the early months of 2012, interrupted by Joe's April-October stay in Maine each year.



Joe Tucker, Terry, Joe Brennan, Doug  
at the February Meet & Eat

In September 2012, **Terry Pratt** is newly arrived at Four Seasons. He took up electric bass guitar about four years earlier, partly in hopes that he might someday stumble upon a band that needed a bass player and that would let an old guy stand in the back and play bass. After Doug's band plays for the September TTT, Terry and Doug have a brief conversation about music at the weekly Gent's Coffee, and Doug invites Terry to sit in on the jam sessions when Joe Brennan returns in a few weeks.

At that first jam session, in the Clubhouse card room, **Joe Tucker**, also a recent arrival at Four Seasons, happens to wander by, sees the jam session going on, and

sticks his head in the door to inquire about it. To the group's delight, Joe turns out to be a professional musician and music teacher who can play multiple instruments. He wants to learn the banjo, so the next week he joins the jam session as the banjo player, although he admits that he also could play piano, bass, drums, vibraphone, or almost anything else if needed.

Terry has never played in a group before, nor in public, so he is pretty skittish, especially because Joe Brennan, Doug, and Joe Tucker are all experienced professionals or semi-professionals. He withdraws briefly, but Joe Tucker coaxes him back in November. By that time news of the jam sessions has spread at Four Seasons, and there is an invitation to play some holiday music for upcoming events at the Clubhouse.



Joe Tucker, Terry, Sue, Doug at the June TTT

Joe Brennan is a seasoned lead singer, but Doug has never sung with his band, Terry has never sung in public, and Joe Tucker has only sung occasionally. Now everybody is expected to sing. It's quite a stretch for the group.

But help is on the way! The initial group of four plays at two holiday music sing-alongs in December. And **Sue Campbell**, with a background in choral music and barbershop, expresses interest in singing with the group. In January, she joins the weekly jam sessions as a singer. She is sorely needed, because the group has invitations to play for the February "Meet & Eat" and the St. Patrick's Day TTT in March. The March gig is especially tough, because Joe Brennan brings forth about 20 Irish folk songs, most of which no one else in the band has ever played before. Lots of hard work learning the lyrics and music follows, but the St. Patrick's Day gig is a success.

And the saga continues—another Meet & Eat in April, and another TTT in June. Joe Brennan returns to Maine for the summer, so the group dwindles and loses its lead singer. But the weekly jam sessions continue — because all in the band love making music together and learning new tunes. And it's just icing on the cake to be invited to play for social gatherings at Four Seasons. Thanks from all in the band to you, our great audience!

— photos by Joe Reece; story by Terry Pratt

Beautiful Summer Gardens in Four Seasons



## Jim and Dianne Wilson's Travel Log 28-Day European Cruise, April/May 2013

Story by Dianne Wilson

Jim and I enjoyed a marvelous cruise recently that began as a "repositioning cruise" from Florida to Europe and extended into a wonderful tour of Northern European ports and cities. We'd like to share some of our travel notes with our friends in Four Seasons.

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**Ft. Lauderdale to Ireland.** Leaving from Ft. Lauderdale on April 26, we sailed for Europe. After six days at sea we were supposed to stop in Pont Delgada, Portugal, but the seas and wind were so bad we could not stop in that port. That meant three more days at sea before we docked in Cobh, Ireland, a beautiful small Irish town, where we enjoyed an excursion to the Blarney Castle.

**England, Normandy, back to England.** After our day in Ireland we were off to Falmouth, England, where we visited the area of Cornwall. Our next port was Le Havre, France, and we did an excursion to the Beaches of Normandy. It was a place of such beauty and a very humbling experience to visit an area where so many of our men died so long ago. From France we were off to Dover, England, with a side trip to London. It was a bus trip from the port of Dover to London. The traffic was horrible, but we did see Buckingham Palace and many of the other highlights of the city.

**Netherlands, Denmark.** From Dover, the next day was spent in Rotterdam, Netherlands. While in Rotterdam we took an excursion to the beautiful town of Delft, which included a tour through the Delft factory. There we saw some of the beautiful hand-painted Royal Delftware, which is very expensive! After Rotterdam we had a relaxing day at sea and then docked in Copenhagen, Denmark, where we enjoyed a canal cruise of the highlights of Copenhagen.

**Norway, Denmark again, Germany.** The second part of our cruise was very busy. After one day in Copenhagen, we sailed to Oslo, Norway, where we toured the city. The following day we were in Aarhus, Denmark, and then we were off to Warnemunde, Germany. At the dock in Warnemunde we caught a train into Berlin. We had a wonderful stay at the Kempenski Hotel in downtown Berlin. John F. Kennedy stayed there when he was in Germany and gave his famous speech. After a long day in Berlin followed by our train ride back to the port, we had a relaxing day at sea while on our way to Tallin, Estonia.

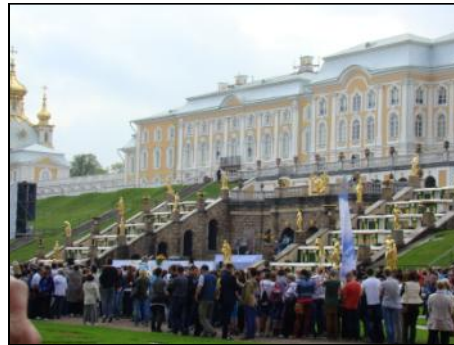


Dianne In Berlin at  
Checkpoint Charlie

**Estonia, Russia.** Tallin is a beautiful old European city. We took a five hour walking trip throughout the city, up and down the cobblestone streets and loved every minute of it. From Tallin we were off to St. Petersburg, Russia. Our ship had an overnight in St. Petersburg so we had two very full days of sight-seeing while there. We visited the grand and very beautiful Hermitage Museum. We walked through the Peterhof Palace and through the peaceful and well-cared-for gardens of the palace. We were at the Peterhof Palace at the time of day when all the water fountains "came alive" in an event called the Grand Cascade. The fountains are all gravity fed, and there are no pumps in the system. Music is played over loud speakers when the fountains start up



Tallin, Estonia



Waiting for the "Grand Cascade"  
at Peterhof Palace

and there are hundreds of people all-over experiencing this event. While in St. Petersburg we also visited the Church of the Spilled Blood which has the beautiful multi-colored spires.

**Finland, Sweden, Denmark, and home.** After leaving St. Petersburg, we were off to Helsinki, Finland, for a day and then to Stockholm, Sweden, for a day. After one more day at sea, we ended up back in Copenhagen, Denmark and flew home from there to



The Hermitage Museum in  
St. Petersburg, Russia



"Church of the Spilled Blood"  
In St. Petersburg, Russia

Dulles airport. It was a fantastic trip. We made many memories and took lots of pictures. These are just a few we want to share.

~ Local Visit ~

~ Tasty Treat ~

**Zucchini Oven Chips**

Zucchini is in abundance during the summer months. These breaded, oven-fried zucchini chips taste like they are fried, yet they are baked and amazingly crispy. These chips make a healthy substitute for French fries or potato chips.

**Ingredients:**

- 1/4 cup dry breadcrumbs
- 1/4 cup (1 ounce) grated fresh Parmesan cheese
- 1/4 teaspoon seasoned salt
- 1/4 teaspoon garlic powder
- 1/8 teaspoon freshly ground black pepper
- 2 tablespoons fat-free milk
- 2 1/2 cups (1/4 inch thick) sliced zucchini (about 2 small)
- Cooking spray

**Preparation:**

Preheat oven to 425 degrees. Combine first 5 ingredients in a medium bowl, stirring with a whisk. Place milk in a shallow bowl. Dip zucchini slices in milk, and dredge in breadcrumbs mixture. Place coated slices on an ovenproof wire rack coated with cooking spray; place rack on a baking sheet. Bake at 425 degrees for 30 minutes or until browned and crisp. Serve immediately.

**Nutritional Information:**

Per Serving; serves 4 (3/4 cup each):

Calories 61; Fat 1.9 g; Carbohydrate 7.6 g; Protein 3.8 g; Fiber 1 g; Cholesterol 5 mg; Iron 0.6 mg; Sodium 231 mg; Calcium 87 mg

To make the most of this vegetable's nutritional value, don't peel it... many of its nutrients are in the skin.



Recipe courtesy of Cooking Light (www.cookinglight.com)



**The Market at Grelen**

Story by Coleen Sizer

I wanted to share with you about a day that spoke for itself. On May 23, a group of friends from Four Seasons who are interested in gardening left the clubhouse to explore Somerset, Virginia and Barboursville, Virginia.

We found **The Market at Grelen...A Farm & Garden Shop**, thanks to our wonderful driver's GPS and several recommendations of our neighbors.

It is pure inspiration, and it is practically in our back yard. This farm market and garden shop is like no other in the area. It is located on 600 acres in Somerset Virginia. The views at the market should be seen by all!

It provides an opportunity for different adventures, like pick your own fruit (whatever is in season), see and shop the gardens of fruits and vegetables, shop the fabulous nursery, or picnic on the patio or in the fields.

More information is on their website:

[www.themarketatgrelen.com](http://www.themarketatgrelen.com)

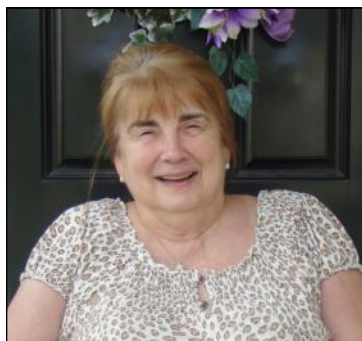
**Directions:** From Four Seasons, take Rt. 33 East to Barboursville, then Rt. 20 N towards Orange. At the Somerset store, turn right onto Rt. 231. After a few miles, turn left at the Dairy onto Jacksontown Rd, and continue to find the nursery on your right.

~ *Did you guess who?* ~

From the last issue -



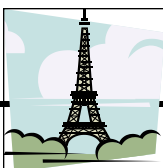
This little gal grew up to be???



**CJ Besanson**

~ *Do you know who this is?* ~

Her name and current picture will be revealed in the next issue of the newsletter!!



***Have you traveled recently?***

Tell us about your recent trip. It is summer and many are traveling, whether a trip to the beach or to another state or country.

Send pictures and details to [blueridgebreeze@gmail.com](mailto:blueridgebreeze@gmail.com)



~ *Dates to Remember* ~



**4th of July Events**

For those who want to stay close to home and for those who want to adventure out as far away as our Nation's Capitol.

**Four Seasons**—July 4th Indoor Block Party, 5-8 pm at the Clubhouse.

**City of Charlottesville**—Annual 4th of July fireworks at McIntire Park. Show starts at one minute past dark which should be around 9:15pm and lasts about 25 minutes. Buses start at 6:00 pm from K-Mart or the county office building at McIntire & Preston.

**Madison**—starting at dusk at Graves Mountain Lodge in Syria.

**Stanardsville**—festivities start at 10:00 am with a parade in Stanardsville.

**Great Meadows in the Plains, VA**—gates open at 4:00 pm and fireworks starts at dusk. This is a family event with vendors, helicopter fly-overs and many more events.

**Washington DC on the National Mall**—there are all-day events on the mall. The fireworks start around 9:15 pm.



**August "Third Thursday"**

August 15 at 6:00pm in the Clubhouse  
(Note the new name for this event)

**Memorial Day Block Party**

66 people attended the block party!



New Flags at the Clubhouse

~ *Community News* ~



Joe and Marty

## May 24th Flag Ceremony and Veterans Day Fund Raiser

Story by Marty Cavanagh

Joe Orsini and I decided it was time for the Clubhouse to have its own set of American and Virginia flags. We obtained both flags from local politicians. On May 24th we performed a short presentation ceremony, and the flags are now officially in place in our Four Seasons Clubhouse.

The official donations for our Veterans Day Fund Raiser were over \$1100 and more than a dozen Care Package Item bags. This was due to a combined effort from Shepherd of the Hills Catholic Church and our Four Seasons Community. The donations went to our Support The Troops and Wounded Warrior Campaigns. We would like to thank all those who donated on behalf of the men and women who are protecting our freedom.

## ~ *Two free special events in July at the Clubhouse* ~

### Caring Hands Presentation

**Caring Hands** is hosting a presentation on **July 8 at 11:30 am in the Clubhouse** by **Doris Gelbman**, Elder Law Attorney.

Doris will lead a discussion about what planning and documents are needed as we age. She will provide a simple handout designed to help jumpstart conversation with family members and caretakers who likely will be involved.

The presentation is free and a light lunch will be served. Please sign up at the Clubhouse front desk by July 5.

Read about Doris at [gelbman-law.com](http://gelbman-law.com)

### Lawn and Garden Advice

The **Landscaping & Grounds Committee** invites all residents of the Four Seasons Community to join us at the Clubhouse on **Friday, July 12 at 11:00 am** to meet with **Cathryn Kloetzli** — the Extension Agent, Agriculture & Natural Resources of the Virginia Cooperative Extension, Albemarle & Charlottesville Office.

Cathryn will present an overview of what the Virginia Cooperative Extension (VCE) does, what they offer and some resources specific to lawns, landscapes, tree care, and gardens. There will be time for questions. Light refreshments will be served.

## ~ *Four Seasons' Critters* ~

Do you remember the "Christmas Goat"? Meet "Bambi" and "The Three Amigo's"!



Bambi filling up at the birdfeeder



The Three Amigo's  
Wait, guys! Where is your buddy?



## ~ Classified Ads ~

*This section is for residents only and features any thing or service that you might want to sell or give away to other residents. Ads will be run for one issue of the newsletter and then removed. If you would like your ad to be run again, contact someone on the Communication's Team.*

**For Sale—Jack La Lane Power Juicer**—Juicer only used a few times and comes with recipe booklets. \$20.00 or make an offer.  
Call **Marilyn Kiehn**, 434-985-7209.

**Free Notary Service.** One day advance notice will be helpful. Email atrjs4p@virginia.edu or call **Rauzelle Smith** at 434-985-3395.

**Alterations**—slacks, coats, skirt hems, etc.

**Betty Ray**—434-985-8593. (Betty had her own dressmaking business for many years.)

**Small Electrical Services.** Call **Harold Robbins**, 434-985-7202.

*Classified Ads Needed!  
Send us your ads!*

## Four Seasons Community Forum Update

The new Four Seasons Community Discussion Forum is up and running. Almost 40 residents have already registered, and discussions are ongoing about a wide range of topics, from restaurants to plumbers to ducks and birds. Four one-hour tutorial sessions were given during June.

If you haven't yet registered, it's easy and quick—just go to the Four Seasons website and click on the "Enter Forum" button: [our4seasons.org](http://our4seasons.org)

Many thanks to those people who have submitted articles for the newsletter. If you do not see your article in this edition, we will try to include it in a later issue. The Communications Committee reserves the right to edit any article for length or clarity.

**The deadline for the September /October issue is August 12**

Send all submissions to

**[blueridgebreeze@gmail.com](mailto:blueridgebreeze@gmail.com)**

### **The Mountain Breeze at Four Seasons Charlottesville**

*Published bimonthly for the Four Seasons Charlottesville Community.*

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### **The Newsletter is published by the Communications Committee**

Larry Miller, *chairman*  
Dianne Wilson, *newsletter editor*  
Terry Pratt                      Vera Reece  
Arnie Silverman                Coleen Sizer

### **Phone Numbers to Remember**

**Club House — 434-990-2012**

**Emergency — 911**

**Greene County Sheriff's Office — 434-985-2222**

**Identity Theft Hotline — 877-438-4338**

**National Do Not Call Registry — 888-382-1222**

**Better Business Bureau of Central Virginia — 804-648-0016**