

Ivy Hill Homeowner's Association Newsletter

April 2021



Banner Photo by Bill Hite

IHHA President's Message

Spring has come to Ivy Hill. It is a lovely time of the year with the flowers and trees blooming, and leaves coming out on the trees. I hope you will set aside some time this Spring to just walk around and see what a beautiful community we share. If you can't, our photographer Bill Hite has captured some of the finer sights for your enjoyment. You will find his work scattered throughout this issue.

This It is also a good time to take a 360 degree look at your own property. If you haven't done so already, now is the time to clean up your yard. By maintaining the outside of your property and your dwelling, you are respecting your neighbors and the Ivy Hill community. Do not dump debris (yard trash) on a vacant lot adjacent to your property or near by. This property belongs to someone else. Please remove any waste if you have done so. Help keep Ivy Hill clean.

As the seasons turn, it also reminds us that now is the time to join the Ivy Hill Homeowners Association. We need your support more than ever this year. On page 5 of this Newsletter, you will find an article on the services that we perform for the community and how you can join us in 2021.

Don't forget our neighborhood hotline email service. We can reach out to a majority of the community in a few hours for time-critical events like a lost or found pet, downed trees, floods and road closures, or other events that are happening in our community. You never know when you might need to call on this service. Be sure to send us your latest contact information if the address to which we emailed this electronic Newsletter indicates that we don't have it.

On page 3 of this Newsletter, there is an article dealing with the Restrictions in the Ivy Hill community. Please read it.

Remember that the speed limit in the neighborhood is 25 mph. With the weather improving, children will be out; so please drive responsibly. Ivy Hill roads have many hills and curves. This is another reason to drive carefully. We have reports of people having trouble getting out of their driveways or mail boxes being damaged by speeding vehicles. See for example, the item on page 10.

I hope you have an enjoyable Spring. Get vaccinated when you can. In the meantime, remember that social distancing and masks work. Be safe.

Tom Haertel, IHHA President

IHHA 2021 Election Results

All twelve candidates that were on the January ballot were unanimously elected to the Board of Directors of the Ivy Hill Homeowners Association. Thank you to all members who voted for participating in the election and making your voices heard. The Directors of the IHHA for 2021 are:

Barb Walton
Jen Duncan
Rene Koch

Bill Guzek
Karen Schwabe
Sandi Caldwell

Bob Harvey
Lew Walton
Susan Nicholas

Jeff Wishon
Mark Poole
Tom Haertel

The new Board formally met for the first time on February 23 via Google Meet and elected the following officers to lead the Association in 2021:

Tom Haertel – President
Susan Nicholas – Vice President
Lew Walton – Secretary
Bob Harvey – Treasurer

Ivy Hill Ladies Association

Greetings ladies,

After a long hiatus from each other, we're going to have our Spring meeting! We will be meeting on Wednesday April 28th starting at 4:00 pm on the clubhouse patio. In case of rain, we may meet inside. We have many new neighbors. We hope to welcome some of them to our club at this meeting.

We will also be discussing the possibility of resuming hosting social events this year. I know we all are ready for a get together! So, come, bring your ideas, and be willing to volunteer to help organize an event.

Please RSVP to Brenda Harvey at kd4cat@gmail.com. Thank you all.

Cheers, Vicki Sharrett, IHLA President



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Restrictions in Ivy Hill

The various sections of the Ivy Hill community that were developed by the original developers, Allen & Fern Harvey, are still governed by the Reservations and Restrictions put in place by them. These are deeded Restrictions that go with the land. They are enforceable by law. Please obey them.

Most of the other neighborhoods within the greater Ivy Hill community that were developed by later developers have similar restrictions. They differ in detail, but are similar in scope and often contain long sections that are word-by-word identical with those original Ivy Hill Reservations and Restrictions. The Restrictions in these newer neighborhoods are typically more restrictive than the original Ivy Hill Reservations and Restrictions.

Also, if you are selling your property, please be sure that the applicable Reservations and Restrictions for your neighborhood are made available to everyone looking at your property. Unfortunately, some realtors purposefully neglect to inform potential buyers of this legal requirement in their lust to make a sale. They are afraid that the Restrictions will drive some people away. Our position is that this is a good outcome for all concerned. People who do not want to follow the Reservations and Restrictions will be happier living elsewhere, and we will be happier not having residents who disrespect the rules and the rights of their neighbors.

Please read and review the Reservations & Restrictions that are applicable to your neighborhood. They can be found on your web site at ivyhill-forest.org under Planning\Homeowner Association\Ivy Hill\Ivy Hill Restrictions.

One common thread of all of the neighborhood Reservations and Restrictions is that all new builds or modification of existing structures or the surrounding property must be approved prior to the start of construction. The details of that approval mechanism vary slightly from one Ivy Hill neighborhood to the next, but most require formal approval in writing by the Architectural Committee.



Architectural Committee Chairman

Rene Koch is stepping down as Chairman of the Ivy Hill Architectural Committee. If you would be interested in leading this Committee please contact Rene at 525-2935 or renekjr@msn.com or send a message to ivyhillforest@gmail.com. You do not have to be an architect or have experience in home construction to lead the Architectural Committee, just an interest in keeping Ivy Hill beautiful. There are very few empty lots left in the Ivy Hill neighborhoods; most properties are already totally built up. So the bulk of the requests to the Committee come from existing residents who want to update their homes or property. The role of the Committee is to make sure that any such changes comply with the deeded Restrictions and are compatible with existing structures and their surroundings.

Bluebird Houses

We would like to extend a shout-out to the scouts of Boy Scout Troup 180 here in Forest. The scouts are building bird houses and bird feeders as a fundraiser for the troupe. If you would be interested in buying one of these fine handmade items while supporting a worth-while community organization, please contact the troupe leader John Griessmayer at 941-7854. The cost is \$15.

Services Page

The Services page on the Ivy Hill website ([ivyhill-forest.org/Services/Resident Services Offered](http://ivyhill-forest.org/Services/Resident%20Services%20Offered)) needs to be updated. If you are an Ivy Hill resident and wish to offer a service to your neighbors, please fill out the form below and mail it to the IHHA at the address below the form or email the same information to us at ivyhillforest@gmail.com. If you already have a service listed on the webpage, you still need to contact us and supply the requested information. All current postings will be automatically deleted.

Name	
Service	
Phone	
E-mail	

Mail to IHHA, PO Box 353, Forest, VA 24551

Note that you must be an Ivy Hill resident to offer a service on our website.

Children under the age of 18 will not listed.

List a parent instead and provide their contact information so any responses can be screened.



Join the IHHA!

Your financial support is needed to continue the various projects of the Ivy Hill Homeowner's Association.

Your membership of only \$40 supports activities such as:

- Landscaping and mowing at entranceways
- Mulching, seeding, pruning, and weed control
- Maintenance of entranceways
- Lighting at the entranceways
- IHHA Newsletter, Ivy Hill Community Directory, IHHA Website, and IHHA Insurance
- Holiday decorations at the entranceways
- Email hot line for lost & found items, wayward pets, and community information & alerts.

We would very much appreciate your support in 2021. Paying your 2021 dues early in the year also helps the Association because it saves us the expense of mailing an invoice to you. Also, if you have not yet received your copy of the 2018-2020 Ivy Hill Directory, check the last box in the form below when you join or send us an email at ivyhillforest@gmail.com. We still have some copies left and will be glad to give you one if our records agree.

You can now pay your membership using PayPal. Follow the *IHHA Membership* link under *Planning* at <http://ivyhill-forest.org>. You may also use the convenient "Bill Pay" feature of your on-line banking to remit your membership payment.

Lastly, your check is always welcome. Fill out the form below and mail it along with your check to the Ivy Hill Homeowner's Association at the address at the bottom.

We would also gladly accept donations in any amount at any time during the year!



Name(s)	
Address	
Phone	
E-mail	



IHHA

Please check one or more of the following:

- 2021 Dues \$40**
- Donation \$ _____**
- I don't have a copy of the 2018-2020 Ivy Hill Directory**

Mail to IHHA, PO Box 353, Forest, VA 24551



Is Hip Pain Sabotaging Your Sleep?

If you fancy the side-lying position when you sleep—as I do—you will find that your sleep is interrupted, at best, and prevented, at worse, if you are dealing with hip pain. Hip pain can be experienced by anyone: from athletes to the more sedentary among us, by those in their twenties and by those four times their age. Hip pain does not discriminate.

There are many **causes of hip pain**, from the radiation of pain from the **low back**, to hip joint **arthritis**, to greater trochanteric **bursitis**—which, by the way, is typically caused by muscle imbalances of the hip and pelvic girdle. Whatever the underlying source, the fact remains that while you are (hopefully) seeking a cure; you do need to get some restorative shut eye.

There are three things I always recommend my patients implement at bedtime while we are working towards a full resolve of their hip pain.

1. If possible, try to sleep on the opposite side of your painful hip. This might take a few nights of retraining.
2. Whichever side you chose to sleep on, place a pillow lengthwise between your legs (groin to ankles) in order to unweight the heaviness of your top leg.
3. If you feel you must lie on the side of your painful hip, fold a small towel or soft blanket and place it along your downward facing side—from just above the top of your “hip” (pelvic bone) to your underarm area. This propping method will unweight the “heft” of your trunk/rib cage from your painful hip, relieving much of the pinpointed pressure.

With these helpful modifications in place, my patients typically report being able to fall asleep with greater ease and sleep more comfortably throughout the night. I do hope they work for you if you find yourself in a similar predicament.

Lisa Morrone, PT



New Neighbors

Please welcome the following new residents to the Ivy Hill community:

- Donald & Verdean Abernathie – 503 Ivy Lake Drive
- Diana & Gleason Branscome – 105 Catamaran Court
- Michael & Vickie Brown – 707 Ivy Lake Drive
- Laura Bryant – 1060 Grandset Drive
- Yang Yan & Ze Guo Chen – 207 Quail Ridge Drive
- Buddy & Betty Casey – 105 Trading Block Lane
- Suzie & Beau Conine – 100 Quail Ridge Drive
- Keith Cox & Michelle Byrne – 200 Persimmon Way
- Angela Critchley – 1193 Ivy Woods Drive
- Ricky Davis & Jeneen Leger – 104 Meadowgate Drive
- Mary Kate & William Deal – 1036 Ivy Place
- Christopher Derricott & Rosa Deloatch – 109 Deer Track Drive
- Vickie & Daniel DeWitt – 716 Ivy Lake Drive
- Chad & Jennifer Duncan – 104 Quail Ridge Drive
- Sidney Earley & Daniel George – 125 Sailview Drive
- Michael & Ashley Eiban – 409 Quail Hollow Drive
- Rickey Farris – 1019 Ivy Court Lane
- Sajan Gurung-Johnson – 1044 Maple leaf Court
- Joshua & Kara Harrison – 129 Sailview Drive
- Kim & Jason Hartman – 106 Quail Ridge Drive
- Jeremy & Emily Haymore – 202 Hitching Post Lane
- Alison & Metthew Harnes – 207 Hitching Post Lane
- Timothy & Lorraine Hoy – 400 Quail Hollow Drive
- Kara & Jeremy Jude – 1915 Eastway Lane
- William & Annette Knoll – 313 Eastwind Drive
- Frankie & Emily Londeree – 206 Hitching Post Lane
- Monique & John Maloney – 109 Lake Ridge Drive
- Charles & Lori Matthews – 1040 Grandset Drive
- Cynthia & Thomas Miller – 106 Deer Track Drive
- Drew & Kaitlyn Novy – 102 Catamaran Court
- Gaylyn & John Panatan – 1423 Lakepointe Drive
- Willard Peveler – 2013 Weatherhill Road
- Katherine & John Pierce – 209 Quail Ridge Drive
- Alicia Pietras & Tammy Martin – 205 Ivy West Court
- Guyeannette Powers & Kelly Matthews – 503 Fairwinds Court
- Kevin & Rachel Rawls – 109 Trading Block Lane
- Natalie & Jack Reynolds – 606 Fairwinds Court
- Aaron & Kimberley Robertson – 412 Quail Hollow Drive
- Joseph Ruiz – 107 Ivy West Court
- Christin & Christopher Sandidge – 213 Ivy West Court
- Amy & Ernie Sawyer – 307 Quail Meadows Drive
- Sandra Schlosser – 110 Hitching Post Lane
- Dennis & Kristi Shoen – 212 Ivy West Court
- Jamye & Mark Smith – 801 Ivy Lake Drive
- Matthew Strand – 1914 Eastway Lane
- Ashley Solbach – 203 Persimmon Way

- Patrick Thornton – 503 Quail Roost Drive
- Gary & Linda Todd – 204 Shaker Lane
- Daisy & Todd Truong – 309 Eastwind Drive
- Bill & Alberta Wallis – 216 Hitching Post Lane
- Deborah Waterman – 718 Ivy Lake Drive
- Michael & Jordon Watts – 706 Ivy Lake Drive
- Matt & Victoria Weaver – 106 Trading Block Lane
- Jennifer & Ted Williams – 308 Eastwind Drive
- Fay Wilson & Michelle Richards – 1039 Ivy Woods Drive

If you know of a new resident in Ivy Hill, or a house that has changed hands recently, please contact the IHHA at IvyHillForest@gmail.com so we can update our database and arrange for them to be greeted.



Lisa Morrone, Physical Therapy, LLC

205 Lake Ridge Drive, Forest, VA 24551

631-834-7017

Have you or a loved one been struggling with pain or limited function? Has it caused you to stop doing activities you love because you know you'll "pay for it" later on?

Maybe you've done all you know to do, having tried numerous treatment approaches, but you've yet to have your pain fully relieved and your function restored. Good news, friend, you can still be made well!

Lisa Morrone is an expert orthopedic, manual (hands on) physical therapist with 30+ years of experience. Lisa has spent her three-decade long career treating patients, teaching doctorate-level physical therapy students, writing hundreds of articles, and authoring a half-dozen health books. Additionally, Lisa is a national speaker and an international radio guest who is on a mission to help people ***Get Healthy for Heaven's Sake!***

Lisa's method of treatment is a truly comprehensive, highly skilled, one-on-one approach which is seldom available in today's healthcare marketplace. By addressing her patients' posture, ergonomics, soft tissues, joints, discs, muscle length, strength, and recruitment Lisa is able to get complete and lasting results with nearly every patient she treats.

Check out her website: **[www.Lisa Morrone.com](http://www.LisaMorrone.com)** and Google her practice to read what other patients have been saying about their treatment experience and superior outcomes!

Ads in the IHHA Newsletter are only \$25 per issue and reach more than 600 Ivy Hill households.

Contact the Editor at

IvyHillForest@gmail.com

Salmon Wellington

Ingredients for 2 servings:

- 2 tbsp butter
- 2 cloves garlic, chopped
- ½ medium onion, chopped
- 5 oz. fresh spinach
- 1 tsp salt for spinach
- 1 tsp pepper for spinach
- 1/3 cup breadcrumbs
- 4 oz cream cheese or 1/2cup mayonnaise
- ¼ cup shredded parmesan cheese
- 2 tbsp fresh dill, chopped
- 1 sheet puff pastry, softened to room temperature
- 1 salmon fillet
- 1 tsp salt for salmon
- 1 tsp pepper for salmon
- 1 egg, beaten



Preparation:

1. Preheat oven to 425°F
2. In a pan over medium heat, melt butter. Add the garlic and onions, cooking until translucent.
3. Add the spinach, salt, and pepper, cooking until spinach is wilted,
4. Add the breadcrumbs, cream cheese, parmesan cheese, and dill, stirring until mixture is evenly combined. Remove from heat and set aside.
5. On a cutting board, smooth out the sheet of puff pastry. Place the salmon in the middle of the pastry and season both sides with the salt and pepper.
6. Place several spoonfulls of the spinach mixture on top of the salmon, smoothing it out so it does not spill over the sides.
7. Fold the edges of the puff pastry over the salmon and spinach, starting with the longer sides and then the shorter ends. Trim any extra pastry from the ends, then fold the ends on top. Flip the puff-pastry wrapped salmon over and transfer to a baking sheet lined with parchment paper.
8. Brush the beaten egg on the top and sides of the pastry. Score the top of the pastry with a knife, cutting shallow diagonal lines to create a crosshatch pattern.
9. Brush the top again with the egg wash.
10. Bake for 20 - 25 minutes, until the pastry is golden brown.

Sometimes I make the filling the day before. However, its an easy recipe; so I usually put the salmon wellington together in the morning and cover it with Saran Wrap until it is ready to bake. I usually serve it with asparagus and rice pilaf. Enjoy!

Angie Power Ashman

Hit & Run

Pam & John Massung of 811 Ivy Lake Drive reported an incident in late March where an unknown vehicle smashed their mailbox and took off. This hit & run incident was reported to the Bedford Sheriff's Office who in-turn routed them to the Virginia State Police since it was a vehicle that caused the damage.

It seems to have been a larger vehicle (truck, large SUV or bus) that hit the mailbox as the scrapes can be seen on the box. The main post, which is not reinforced with a 4x4 wooden post, seems to have been totally spared. The mailbox has a strong magnetic latch but was hit with enough force to open it and strew the contents across their yard.

If you know anything about this incident, please call the Bedford County Sheriff's Office at 586-7827 or the Bedford Area office of the Virginia State Police at 586-7905.



THERE HAS NEVER BEEN A BETTER TIME TO SELL YOUR IVY HILL HOUSE!

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Ivy Hill History

In 1756 Charles Clay, the rector of the Episcopal Church in Bedford County, purchased a tract of land adjacent to Thomas Jefferson's Poplar Forest. The tract became known as Ivy Hill. The exact boundaries of this tract are unknown. However, it was probably located in the area between where the Forest railroad depot would eventually be constructed and the southern boundary of the current Ivy Hill community. Between 1779 and 1784, Reverend Clay purchased three adjoining tracks of land totaling approximately 1300 acres and added them to his estate. These later purchases are believed to include all of the land in the current Ivy Hill subdivision. The estate became a working plantation.

In 1815 Reverend Clay purchased Ivy Creek Mill from Edmund Cobbs who had built it approximately 15 years earlier. The mill supplied the farm with flour for many years. Later it was used to grind bone meal. It remained in operation until 1953. When Ivy Hill was first developed, and before Ivy Lake was constructed and the site was flooded, the abandoned miller's home still stood on a small hill overlooking Ivy Creek. The mill itself had long since fallen down. However, some of the large millstones were still lying on the side of the hill below the miller's home.

The actual mill site now lies at the bottom of Ivy Lake. When the lake filled in, that hill became Ivy Island where Bobbie Butler's house now stands.

If you have any old photos or interesting historical information about Ivy Hill and the surrounding area that you would like to share with the community, contact the Editor at IvyHillForest@gmail.com

Don Brown

We are sad to report the recent passing of Don Brown. Don was one of the realtors who helped his father-in-law Allen Harvey develop the original Ivy Hill community. He sold many of the building lots in the first sections of the new development, a not-unformidable challenge given that Ivy Hill was considered by many at the time to be located "too far out of town".

Don was also a commercial pilot and avid aviator. He took many of the arial photographs that we have featured over the years in the Ivy Hill History column showing what the community looked like when the development first started. Allen Harvey was also a former military pilot. The two men kept a light plane at the unofficial "Ivy Hill Airport" and could often be spotted circling over the growing community. The new Ivalace by the Greens condominium community is being constructed on their former runway.

Don also did beautiful etchings.

He will be missed by all that knew him.



IHHA Board of Directors (2021)

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525-4229**

**Susan Nicholas, Vice President
525-7376**

**Lew Walton, Secretary & Digital Media
525-0459**

**Bob Harvey, Treasurer
525-8247**

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Lost a pet or found a stray animal? We can help. Contact IvyHillForest@gmail.com or any IHHA officer or Board member.