

MCVITTY FOREST CONDO UOA NEWSLETTER

Volume 4 Issue 2 July, 2025

Please share ideas or content
you would like included in
future Newsletters to John
Frank 3040 #207 or
johnmfrank@aol.com

Important reminders for Residents

- ALL items placed in the Rubbish chute **MUST** be in a securely tied garbage bag. Do not put anything glass or sharp in those bags as dropping down they can slit the bag and are a hazard to folks removing them to the dumpster. **Be sure to inform your visitors, workmen or caregivers of this.**
- Dumpsters are for use of residents only. Please ensure boxes are broken down flat to minimize space they take. Family, Friends, vendors and contractors and other non-residents should not be bringing things to place in our dumpsters.
- Use the forms on the Trash Room door in the garage to request elevator pads to be put up or taken down. The first line is a blank of request completed by for your name and unit #. Use one form for putting up and another for taking down. Please complete days in advance as the folks doing this aren't here every day. There is also a form for light bulb replacement in the common areas. Put forms on the clip board on the door.



Summer is here



In Roanoke, Virginia, July and August 2025 are expected to be warmer than average with below-normal rainfall. The hottest periods are predicted to be in early to mid-July and from late July into early August. The Almanac Website predicts precipitation to be about 1" below average for July and possibly 2" below average for August. Accuweather is showing July highs will be in the low 90's and the same for August declining some later in the last half of the month. Sounds like we are going to have a fairly typical hot few months ahead with some dry spells.

Tips for hot weather 1) stay cool and hydrated 2) avoid strenuous activity during peak heat hours 3) monitor for heat related illness 4) Dress Appropriately [loose=fitting, lightweight, light-colored breathable fabrics 5) sun protection – a wide brimmed hat and sunglasses and sunscreen SPF 15 or higher.

BEFORE MCVITTY FOREST

McVitty Forest was developed on what was previously a farm. That farm was owned by Chip and Lee Lazarus. "Chip" Lazarus passed away in 2021. He was born in Roanoke in 1933 and attended Augusta Military Academy and VMI. Following that graduation he entered the U. S. Air Force serving in Japan. He then worked at B. Altman and Company in New York and Thalhimers in Richmond. In Richmond he met Lee and they married in 1961.



His family's business, Lazarus Stores what part of his life from when he was born. It was founded in 1924 as a millinery store that provided fine hats to notable women all over the country. In 1928 they added a dress division. Chip returned to Roanoke in 1961 and assumed control of the family's business. It became a nine store division that served Southwestern Virginia. Many of you will remember the store that was downtown on Jefferson Street. They carries everything from furs, to bridals, shoes and lingerie in addition to the hats and dresses.

Chip and Lee raised their family on the 26-acre farm which eventually was sold to Radford & Company developers that built our McVitty Forest community from about 1995 through 2004. Chip enjoyed the water and they moved to Smith Mountain Lake after selling the farm. She passed away in 2019. Some who lived in the Roanoke area will remember 419 before it was made four lane as well as how rural and full of farms along it including where our community is now located.



Recent views around McVitty Forest

Items completed around our Community

- New shingles roofs on Buildings 3025 and 3045, the pool house and the gazebo between 3050 and 3060
- Replacement and repairs of pool motor, laterals and the sand that filters the water.
- Multiple repairs to pole lighting including having to rerun power from a building to a couple
- Landscaping around 3060 removing old overgrown items and new plantings to including more flowers
- Placing the mulch around all the areas and turning on the irrigation systems
- Replacement of entrance sign off 419 in progress
- New Janitorial service began April 1st
- Wash the windows over the front entrance of each building



PORCH UPDATE!

By Roger and Stefanie Fowler and John Frank (not a condo association sponsored project).

PORCH Roanoke is growing! Last summer, McVitty Forest became the first neighborhood to voluntarily participate in this national program to combat hunger in the Roanoke Valley. PORCH Roanoke has now expanded to include 4 neighborhoods supporting 4 food pantries, and two other neighborhoods are joining us this summer. Since last August, PORCH Roanoke has donated 5,192 pounds of food to local pantries. Of that, McVitty Forest donated an amazing 1,545 pounds! Your generosity is making a difference! Each month, wish lists are posted in the garage on the bulletin board near the elevator, and on the second weekend of each month, the PORCH baskets are placed in the mailroom for your donations. As PORCH Roanoke coordinator Stefanie Fowler (3025 Unit 106) reminds us, "PORCH is always an opportunity, never an obligation."

Roanoke website - <https://porchcommunities.org/roanoke-va>

PORCH Communities main website - <https://porchcommunities.org>

RECIPE SHARING (Share a recipe - send to John Frank for consideration)

Maple-Glazed Salmon

Ingredients

- 3 TB maple syrup
- 2 TB soy Sauce
- 1 TB grated fresh ginger root
- 1 ½ Tsp. cornstarch, Dissolved in
- 1 TB water
- 4 Salmon fillets
- 1 scallion, sliced thin (White parts and 2 – 3 inches of the green)
- 1 TB toasted sliced almonds optional

In a small bowl whisk together the syrup through cornstarch solution until smooth. Place the fillets skin-side-down after rinsing under water and patting dry with paper towel in a shallow baking pan or dish. Pour the syrup mixture over the salmon. Bake about 15 – 18 minutes at 450° F until fish flakes easily (May depend on thickness of fillet on length to bake). Baste with glaze once or twice during the cooking. Sprinkle with scallion and almonds before serving

CALENDAR

- July 2nd – 13th – Salem Fair, Salem Civic Center
- July 5th (Saturdays weekly) 11 AM – 2 PM – Downtown Food and Cultural Tour, Hotel Roanoke & Conference Center
- July 7th – Irish Music Session (Mondays weekly through December) Big Lick Brewing Company
- July 24th – 10 am MFCUOA **Board Meeting** at Hall Associates, 2800 Keagy Road, Salem. Info posted prior to meeting
- July 24th – August 3rd – *Leaving Iowa* – Showtimers Community Theatre
- July 24th – August 10th – Guys and Dolls – Attic Productions, Fincastle
- July 3rd – 27th - The Rainbow Fish, Mill Mountain Theatre
- July 30th – Aug 10th – Shrek the Musical, Mill Mountain Theatre
- August 8th – Atlantic Rhythm Section – Haverster Performance Center, Rocky Mount
- September 13th 7:30 pm – Symphony under the Stars, Elmwood Park Amphitheater