

# MCVITTY FOREST CONDO UOA NEWSLETTER

Volume 5 Issue 1 March, 2026

## Meet Your Neighbor

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

- Traffic 1) always go around the circle counter clock wise, not taking a short cut going the other way 2) SPEED – go slow, 15 MPH, as folks may be walking near there. More speed is not going to get you anywhere that much faster in this small community
- Dumpsters are for use of residents only. Please **ensure boxes are broken down flat** to minimize space they take. Family, friends, vendors, contractors and other non-residents should not place items in our dumpsters. No Furniture!
- Use the forms on the Trash Room door in the garage to request elevator pads to be put up or taken down. Enter your name and unit # on the first line labeled “Requested by”. 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.
- Dog walkers **PLEASE, PLEASE** pick up after your dog and place it in the dumpster
- **All workman should ONLY** enter through the garage and elevator, never through the front door
- Parking Spaces should only contain vehicles, carts to take things to your unit or mobility aids such as wheel chairs, walkers or rollators.
- Owners are responsible for cleaning your parking space(s) – sweeping, washing, removing oil or other drips from vehicles. Maintenance cleans the center aisle only
- When away for a time, cut off water and hot water heater as a precaution and let Hall, your board member or building representative know you are not home.

Sue and Phil Brown joined our McVitty Forest community, building 3040, in December, 2023 Phil hails from New England and Sue from the mid-west. They came to Roanoke in 1992. Phil grew up in East Longmeadow, MA, just southeast of Springfield. He did his undergraduate work at Western New England College before heading south to attend law school at University of South Carolina. After passing the South Carolina bar, he practiced with a firm in Myrtle Beach, SC for 12 years.

Now to bring Sue up to that time – she grew up in Vincennes, in south western Indiana. She got her degree in education at Indiana University and then headed to D.C. to work at USDA. She then accepted a position with The Kroger Co. at their corporate offices in Cincinnati. This led to a move to a new Marketing Area office in Charlotte where she held positions in the personnel department opening new stores and then grocery buyer. Due to changes in Kroger’s structure and the Charlotte office closing, Sue began a career with General Mills as a Business Team Manager and was transferred to Myrtle Beach. A friend of Phil’s introduced them, and they married one year later. They remained at the Beach for two more years when Sue received a promotion to Roanoke.



Once they were permanently settled in Roanoke Phil took the Virginia Bar. While preparing for the bar exam he did a variety of interim jobs including tax preparation and some football officiating in the Western district of Virginia. Once he received his Virginia license, he opened his office, and he soon began to only take consumer bankruptcy cases which is what he currently does. Sue continued with General Mills until they restructured, and they decided to remain in Roanoke. Sue took a position with Roanoke City Public Schools first working as a para-professional with special needs children, then as a hall secretary in Persinger Hall at Patrick Henry. Her mother came to live with them until her passing, and they enjoyed this time with her.

They are both sports fans and especially for University of South Carolina and Indiana University. Phil enjoys all sports from Yankees to football and golf and they are big fans of some of the ladies teams as well. He mentioned one thing he enjoyed was twice attending the Masters in August, GA. Although they don’t have family locally, they stay in touch with their families frequently and have just returned from a recent trip to Indiana for Sue’s family reunion. She is one of 7 children, and the others live near where they grew up. Phil has a brother in North Carolina and a sister in South Carolina.

They are involved members of a First Evangelical Presbyterian Church here in Roanoke and members of the South West Virginia Emmaus Community. They both enjoy the McVitty Forest neighbors and the community of their building. “What a great place to live!”



Trudy Clay has shared photos from some outings last year. Others please share any from your groups or buildings





Cave Spring's history is rooted in the broader story of Roanoke County, where Native American tribes like the Monacan and Cherokee once traveled and traded across the region's hills and waterways. European settlers arrived in the 1600s, drawn to the land's fertile soil and the spring that flowed from a nearby cave—giving the area its enduring name. Though largely untouched by Civil War battles, Cave Spring was shaped by the conflict's aftermath, emerging with a renewed focus on growth and resilience.

The arrival of the Roanoke and Southern Railway in the 1880s connected the once-isolated community to broader markets, spurring industry, population growth, and modern infrastructure. Today, the city is a well-established suburb with a population of around 26,000, offering a quiet, residential lifestyle while still holding on to the legacy of its early beginnings.

Preservation of Cave Spring's history and culture can be seen in its valued landmarks. The Cave Spring Historic Site, honoring the original cave and spring, offers residents and visitors a tangible connection to the community's roots. Proximity to Roanoke gives Cave Spring residents access to big-city amenities while enjoying the comfort of a quieter, suburban lifestyle.

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

### Sweet Potato Cornbread

#### Ingredients

- 2 cups all-purpose flour
- 2 cups cornmeal
- 1/2 cup sugar
- 7 tsp. (2 TB + 1 tsp.) baking powder
- 2 tsp. salt
- 4 eggs, room temperature, lightly beaten
- 3/4 cup whole milk
- 1/3 canola oil
- 2 2/3 cups mashed cooked sweet potatoes

Peel and cook sweet potatoes until ready to mash. Drain from cooking liquid and mash them.

In a large bowl, combine first 5 ingredients. In a small bowl, combine eggs, milk, oil and sweet potatoes. Stir into the dry ingredients until moistened. Pour into a greased 9 X 13 inch baking pan.

Bake at 425° until a toothpick inserted in center comes out clean, 30 – 35 minutes. Cut into square and serve warm.

John's note – I will make 1/2 recipe next time. It is a good but thick cornbread so lots of it. May need to watch and reduce baking time if only half as much.

## CALENDAR

- March 17<sup>th</sup> – **St. Patrick's Day**
- March 19<sup>th</sup> – 10 am MFCUOA **Board Meeting** at Hall Associates, 2800 Keagy Road, Salem
- March 20<sup>th</sup> – Spring Begins
- April 1<sup>st</sup> – April Fool's Day (be careful out there)
- April 5<sup>th</sup> - Easter
- April 14<sup>th</sup> – Holocaust Remembrance Day
- April 22<sup>nd</sup> – Earth Day
- May 10<sup>th</sup> – Mother's Day
- May 21<sup>st</sup> - 10 am MFCUOA **Board Meeting** at Hall Associates, 2800 Keagy Road, Salem
- May 25<sup>th</sup> – Memorial Day