



# News

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*Parades,  
Applesauce ...  
and Scotch!*

As the holiday season draws near, several Avalon Residents recently shared their favorite holiday traditions.

For **Gordon and Beverly Bigelow**, Thanksgiving Day includes a parade as part of their festivities. "When the turkey was ready and on the platter, the host or hostess that year would raise the platter on high and parade throughout the house followed by all the guests and family members, who either played instruments (trumpet, kazoos, etc.) or sang, "Over the river and through the woods, to Grandmother's house we go!" It was always noisy, festive, and a big hit with all ... especially the younger singers and musicians."

**Judy Rudman** shares, "We celebrate Hanukkah with family and friends. Eight days of gifts and potatoe latkees (potato pancakes) with applesauce that **Jerry** makes from Maine apples."

**Maggie Tebbenhoff** describes her family's Scottish "Hogmany" New Year's Eve tradition: "Many years ago, Vikings crossed the North Sea and landed on the Scottish Coast where they plundered and murdered. The warriors were all blond-haired! Thereafter, to guard against more of the same, one of the beliefs of the Scots was to allow only dark-haired persons to cross the threshold at the beginning of each year. To ensure this in our home, my dark-haired brother entered at 12:01 AM! Coal embers were removed from the grate, new slippers were adorned. Scotch was in abundance. The tradition still lives!"



Eddie Adelman,  
Personal Historian,  
Writer, and Storyteller

*Memories fade away... Stories live on forever.*

Come to the Manor House Living Room on **Tuesday, November 8 at 11:00 AM** for "Tell Your Life Story," a presentation by Personal Historian Eddie Adelman. Using excerpts from memoirs, songs, music, stories and insight, you'll discover why your life story is the greatest legacy of all!

You owe it to your great, great, great granddaughter to attend this engaging program. For more information, visit: [tellyourlifestory.net](http://tellyourlifestory.net) ... Bring friends!

## Cook's Corner



### Featured Avalon Chef: Veronika Schlerf

Love Chowder, but think that it's just too much work? Try using a can of clam chowder as your base and you could be enjoying a great bowl in no time. This makes a wonderful Fish/Seafood Chowder that is very quick and easy:

- 1). Start with a bit of finely diced onion, sauteed a bit if desired. Maybe even some corn. Add cubed potato and enough water to cover potatoes. Bring to boil and cook until tender.
- 2). Add canned chowder, either ready to eat or condensed. Add some milk/water (~1 - 2c.) to loosen it a bit. Bring to a simmer - Don't boil!
- 3). Now comes the fish and other seafood. Cube fish (mild white fish) into good sized chunks. You don't want them too small or it will break down too much. You can add whatever other seafood you might enjoy. Shrimp and Bay scallops are nice. Simmer until seafood is cooked.
- 4). Add finishing amount of liquid (half & half/milk), depending on how thick you like your chowder. Season to taste with salt/pepper. If you like, try some garlic, parsley and hot sauce.

"I don't really follow recipes," Veronika says. "I learned to cook by watching my mother, who took a scoop of this and a handful of that and a pinch and a splash ... Thanks to her bold style, I've never been afraid to try new dishes. Cooking is an adventure; an experience that is new each time you tie on the apron." Veronika loves to share her love of cooking with everyone at Avalon -- and the feeling is very mutual. Veronika's cooking is all about the love!



## Donna Ross, Avalon's Ambassador

by Susan Jonason, AV Newsletter Editor

Whenever people come to tour at Avalon, the best part of living here is often not apparent if the Manor House, cottages and the beauty of the setting are all that one sees. Although these qualities alone may be enough to base one's decision, it is the people who live at Avalon who are truly the best part of the experience. And one of the best representatives of Avalon's resident spirit lives at the peaceful wooded cul de sac on Wintergreen Court.

As the daughter of a cowboy, Donna learned how to throw a lasso when she was a girl. She was at ease tending to her husband Norm's horse barn. "Can you believe I've never ridden a horse?"

Donna Ross possesses a natural curiosity that finds commonalities between people to build neighborly friendships. "You make your home what you want it to be," she says. "I like to get involved."

As an example, during the recent flu shot clinic, Donna saw that help was needed to move the line along. Instead of simply identifying the problem, as many might have done, Donna sat down and helped check people in. It gave her a chance to visit with fellow residents and neighbors, which she always enjoys. She's never shy to learn about people or to reach out to help, however she can.

As a member of the Avalon Activities Committee, Donna helps to plan each month's activities and events for people to enjoy, herself included. Each week she and her husband, Norm, walk around the village, distributing memos that detail upcoming events. Her doctor recently asked her if she was getting enough exercise. Donna replied, "Do you mean like a formal exercise class, or does line dancing, walking memos around, splitting wood and mowing the lawn at our log cabin in Jonesboro count?" The doctor looked at her and said, "Never mind, I don't need to know more."

For nearly 25 years Donna worked in personnel and finances for the Cooperative Extension at the University of Maine. One of the professors was a soils expert. Curious Donna wanted to understand the terminology he used so that she could apply it; she took an agricultural class to learn more. Norman Ross, who had recently retired from the Navy and had bought a farm in Monroe, was also taking the same class, earning a degree in agriculture. At the time, Donna, who had a teaching certificate in Connecticut where she had served as a home economics teacher, was considering a move back to The Constitution State. Meeting Norm provided the answer.

Eight years after their first date, Donna and Norm were married, settling into a home in Brewer. When home ownership became too much for them, with all the mowing and plowing, combined with the upkeep of Norm's dream cabin in Jonesboro, they attended an Open House at Avalon Village. They were very impressed with everything that they saw. "At that time the cottages on Wintergreen were just being built. When we found out that our cottage was available, which at the time was just 2 x 4s, we jumped at the chance." Their Allagash model has a big den for Norm's office, another room for Donna's hobbies, and a full loft to accommodate all of their guests and family who come to visit, including Donna's two daughters, Linda and Robyn, Norm's three sons and daughter, and their families. "It's great to be here and to have all of this," Donna says with a big smile.

For everyone who lives and works at Avalon, it's great to have the energetic and spirited Donna Ross adding to the quality of life at Avalon Village!



Donna, who once played basketball for the Huskies at UConn, always advises young women, "Learn how to take care of yourself, first."

## Welcome to Avalon

New faces are being seen in the community, as we welcome Bill & Christine Gilfillan, Dale & Nancy Richardson, and Dave & Kay Spang to Avalon Village.

Looking forward to eventual retirement in the future, **Bill and Christine Gilfillan** purchased their cottage at Thistle Lane in October 2010. They have made some renovations to the cottage over the past year and are gradually making the transition from Brewer to Hampden.

Currently Bill is the Director of Internal Reporting in the Department of Information Technology Services at UMaine. A native of San Francisco, he has been a member of the Brewer Planning Board and Library Board.

Christine, born in Bangor, served as Financial Secretary of the First Congregational Church of Brewer, Treasurer of the Capital Campaign, was a Deacon, and sang in the choir. She is a Palliative Care volunteer at Eastern Maine Medical Center.

**Nancy Richardson** is from Monroe and **Dale** was born in Bar Harbor. They have four children and twelve grandchildren living in Maine and New Hampshire.

When he and Nancy married 27 years ago, they began an atypical journey that included the pursuit of their passion for professional poker playing. After traveling the country, enjoying the freedom and flexibility of their lifestyle, they settled in Monroe in 1997.

Recently, Nancy began thinking seriously about a retirement village locus and they visited several between Falmouth and Orono. Avalon Village with its location, quality, reputation, and relative affordability became their target and they are glad to be at Heather Way.

**Dave Spang** is a Clinical Social Worker and **Kay** is a stay at home mom. They met in grad school and started their family in New York City. They have lived in Hampden for 40 years, raising six children in the old Gilbert Mansion.

Dave enjoys genealogy and playing bridge; Kay likes to read, do cross-word puzzles and fine embroidery.

When it was time to downsize they looked at a lot of houses and Condos in Hampden and found nothing as appealing and comfortable as Avalon Village. They are enjoying their new cottage on Heather Way.

## WINTERIZE AT AVALON

Call Susan at 862-5100 ext.11 for info.

Do you know someone with a house to maintain during the winter, who could use a break from extra expenses and hassles? Suggest to them that you know a way to enjoy winter without leaving Maine:

**Close down the house and spend a fun winter at Avalon Village!**