



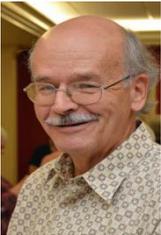
AROUND THE BEND



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April 2015



President's Corner April, 2015

We have had many problems in installing the new access control system but we are beginning to get a handle on it. I apologize for the difficulties we have all had to endure during this process. The front entry control panel will be programmed with our owners/renters names listed alphabetically with the last name first and then the first name initial. There will also be a random code number which will be linked to your phone number. Once the name desired is listed on the display the call is initiated by hitting the "CALL" button. The control panel will be adjusted so that it can be read without having to bend down to see the screen.

By action of the Board of Directors, at their last regularly scheduled meeting, the voting on the By-Law revisions was extended to allow more time to reach the minimum number of owners voting as required by our regulations. This has now been reached and the votes have been counted and all of the proposed changes were approved. They will now be provided to our lawyer to have them filed with the county. Thanks to all of you who took the time to consider what is best for the governing of our association.

At a special meeting of the Board of Directors we approved a contract with Reserve Advisors to perform the required update of our Reserve Study. This is an important part of our budget process to assure that we have enough money to make any necessary repairs in the future.

As I am sure you know, we have lost our assistant manager, Betty Ragozine, to a well-deserved retirement. She plans to move back to the Pittsburg area with her husband to be near her children and more importantly, her grandchildren.

We are actively looking for her replacement. I hope you all had a chance to say good bye to her on March 24, when the Activities committee hosted a reception in her honor. We will all miss her.

*Terry Wilford
President, Riverbend BOD*

Fitness Challenge to Begin April 20, 2015

The 2015 Fitness Challenge will begin on Monday, April 20, and end on Sunday, June 14, 2015.

The sign-up sheet and tally slips can be found in the mail room beginning on Monday, April 6 (the day after Easter). Record your weekly activities from Monday through Sunday. PLEASE turn in each week's tally slips on Monday. The slips can be turned in to the management office, put in a basket that will be on a table by the package room between 1 and 3 p.m., or placed under the door of Unit 106.

Last year Riverbend took first place for the building with the most participants and also the most time spent in Brain Fitness activities. We also took second place for exercise not done in the Fitness Center. Help us uphold our reputation. If you missed hearing Jane Nash and have questions feel free to call me at 703-729-6271.

--- Jackie Lev Dahl





Management Corner Monica Mizerek

March flew by, and we are well into putting the frosting on the control access system. We are all learning how to hone in on having the system work for each of us. If anyone has not received or picked up their fobs, please stop by the office. Your visitors can reach you through the front door system by looking up your last name. Once they are at your last name, they push “CALL”, you answer and push “9”.

If you would like to change your contact telephone number in the system, please let us know.

Again. . . Any questions, please come by the office. We will be happy to work with you on the systems functions. All of us here are sure there will be few if any more bumps in the transition period. In no time it will be seamless access for you and your guests

From The Engineer Bryan Crosley



“Ask the Engineer”

A question was raised about whether a Carbon Monoxide Alarm for your unit is furnished by the association? It is the owner’s responsibility to purchase this item. If you should decide to purchase one, Home Depot or Lowes sells the Plug-In (AC) Carbon Monoxide Alarm that plugs into any electrical wall outlet and the units range in price from about \$40 to \$60 dollars



Dates to Remember

Friday, April 3 --- Good Friday

Friday, April 3 (sunset) --- Saturday, April 11;
Passover

Saturday, April 11 --- Dinner Club; La Pergola;
Seating at 6:00 p.m.

Sunday, April 5 --- Easter

Sunday, April 12 --- High Tea; 3 – 5 p.m.

Wednesday, April 15 --- Income Taxes due

Monday, April 20 --- Fitness Challenge begins

Tuesday, April 21 --- Deadline for
Around the Bend

Wednesday, April 29 -- Saturday, May 2;
Spring Show. . . See page 6 for times.

All events take place in the party room unless noted otherwise.



Mena McGrosky (Mathilda Fortune) and Terry Wilford (Basil Blackheart) rehearse for the spring musical show.

COMMITTEE REPORTS

Activities

March was a busy month for the Activities Committee. Beth and Bert Schlabach's Yellowstone National Park vacation presentation was wonderful and very educational. We also learned to distinguish between a "black bear" and "grizzly bear"!!!!



Looking at these pictures do you think these ladies had a happy time? All the guests left the Riverbend party room with joy and happiness in their hearts, after the baked potato luncheon, at the St. Patrick's Day celebration. Thanks to all the volunteers of the Activities Committee who worked hard to put smiles on our guests' faces.

A family fun "High Tea" has been planned for Sunday, April 12, 2015, from 3 to 5 p.m. Your children, grandchildren, great grandchildren and friends are invited to this special occasion to embrace the beauty of spring and nature. The menu will consist of: Mediterranean style tea (from the Samovar), English tea, a variety of tea sandwiches, international cookies, cake and fruits. Juice will be provided for the children. Would you like to try the Persian Baklava that I brought back from Tehran? Come and enjoy them as they are different from what you would buy in the stores in the US. To add to the fun a few performers from the "Heart of Dance" school in Ashburn will entertain us with a colorful musical performance. Watch for the sign-up sheet in the mail room, and a reminder poster with all details.

Save future dates (tentative):

- Cinco de Mayo Fiesta, Saturday,
May 9, 2015
- Mom and Dad's Day, Sunday,
May 17, 2015

---Tehmi Jamaspian
Co-Chair

Rules

Thank you to everyone who reviewed the Riverbend Ready Reference Rule Book. It is available to everyone in the lobby. This reference will be reviewed and updated periodically. The committee will meet quarterly in 2015 unless some issue requires our attention. Our next meeting will be June 8, 2015.

--- Joyce Moore



Norwuz --- Vernal Equinox

The first day of spring is the Vernal Equinox, and many countries in the path of the Silk Road celebrate it as Nowruz, meaning New Year. NowRuz or the "New Year festival of spring" also gained UN recognition in 2010 with March 21 being declared as the International Day of Nowruz. Similar to decking the hall during Christmas and New Year, traditionally a table is set for Nowruz, which is called "Haft Seen" (meaning 7 S's). It has 7 items starting with letter "S"; **Sabzeh** (wheat) – symbolizing rebirth; **Samanu** (sweet pudding made from wheat) – symbolizing affluence; **Senjed** (dried wild olive fruit) – symbolizing love; **Seer** (Garlic) – symbolizing medicine; **Seeb** (apple) – symbolizing beauty and health; **Somaq** (powdered berry) – symbolizing the color of sunrise; **Serkeh** (vinegar) – symbolizing old-age and patience. A mirror, goldfish bowl (representing life), and Hyacinth are also added to the table. This is a family oriented New Year, and families and friends visit and get together within the period of 12 days. On the 13th day they go on a picnic. There is lots of joy, fun and good food within families and friends, welcoming the light and happiness that Spring brings after dark winter days and nights.

--- Tehmi Jamaspian



The Adventurous Eater

Judy Kory

One of the newer restaurants to open in Lansdowne Town Center is Pike’s Fish House. On a recent Monday evening visit, we were seated immediately. The dining room was not too busy, and our service was excellent. The manager visited every table to verify that customers were happy with their food and service.

Pike’s specials change frequently, so by the time you read this some of the reviewed items might not be available. We chose James River oysters (\$1.50 each) from the raw bar. Blue Point Connecticut (\$2.50) and Pacific Orchard (\$3) were also available.



The oysters were fresh, nicely served on ice with all the accoutrements, and absolutely delicious. I liked

the fact that you could order the number you wanted, not a predetermined number. Three was the perfect size for me. Other specials included crusted fried flounder with fries and coleslaw (\$18) and grilled swordfish with garlic mashed potatoes and green beans (\$24).

Pike’s Seafood Specialties menu includes the pecan-crusted mountain trout, cooked to melt-in-your-mouth perfection. It comes with a brown butter sauce, garlic mashed potatoes, and roasted Brussel sprouts (\$17). Also on the regular menu is the grilled Mahi, simply seasoned, with sautéed kale and potatoes. Nine different side dishes are available including those mentioned, plus sweet potato fries, smoked Gouda cheese grits, and coconut sticky rice.



Pike’s has a nice selection of starters from \$5 to \$11. Salads range from \$6 to \$16. We enjoyed the beet salad with goat cheese and candied walnuts. (\$7). Sandwiches (called “Handhelds”) are served with regular or sweet potato fries and range from \$10 to \$14. Pike’s also carries several “Land”

Specials (\$14 to \$27) like fillet mignon, pork chops, ribeye steak, Dijon chicken, and a vegetarian risotto. There is a children’s menu that offers a choice of entrees, fruit or fries; beverage choices include juice, soda, lemonade or milk. There are four dessert options (\$7). We loved the mango coconut bread pudding with rum custard sauce. In spite of our good intentions, we ate every bite!



Portions are generous and food is very fresh. Vegetarian and gluten-free items are available but limited. Pike’s has a large, very well-stocked bar with sports on the TV. Background music is upbeat and pleasant, not too loud. Since Pike’s feels that their food is best experienced in the restaurant, they do not offer any delivery or meals to go. Pike’s



opens at 4 p.m. Monday through Friday, and 11 a.m. on Saturday and Sunday. Monday through Thursday they are open until 10:30 p.m., Friday

and Saturday until 11:30 p.m. and Sunday until 9:30 p.m. Find Pike’s Fish House at 19308 Promenade Drive, or online at pikesfishhouse.com. Call (571) 206-5788 for reservations.



No matter how long the winter, spring is sure to follow. ~Proverb

Remember to visit our web site at <http://riverbend-lwva.org>

COMMUNITY SERVICES

Howard Hughes Medical Institute Janelia Research Campus:

Neighbors Visiting a Neighbor

The mission and scientific research programs of our neighbor, the Howard Hughes Medical Institute Janelia Research Campus, were discussed in a Community Services column last fall. Within that column, it was mentioned that the Janelia Research Campus periodically offers free scientific lectures which are open to the public in its Dialogues of Discovery series.

My next door neighbor, Peg Neustadt, and I had the privilege of attending a Dialogue of Discovery lecture at the Janelia Research Campus during mid-February. The speaker was Luke Lavis, PhD, a chemist who leads a collaborative research team of scientists who are designing and fabricating dyes



that are used for cellular imaging for the purpose of learning more about complex biological systems. The title of Dr. Lavis's presentation was "The Chemistry of Color."

Peg and I headed off to the Janelia Research Campus the evening of the lecture, relieved that the snowfall that had been predicted for that evening was minimal and had ended, and that we were traveling only within our neighborhood. From the moment we arrived at Janelia's gated security entrance, we became aware of its impressive campus and hospitality. Our names were checked off an attendee list and we were given directions to its parking garage. After parking in the garage, we walked internally to the site of the lecture hall located two floors below in a large, imposing, sleek, window-walled, modern building. The area of the building to which we had access included a reception area, the lecture hall, and some offices.

Soon after we arrived in the reception area, we saw Riverbend residents Rita and JJ Liu. Rita, a retired neuroscientist, said that she and her husband have been attending the Dialogues of Discovery

presentations since the lecture series began in 2007. Rita provided us some interesting information about the Janelia Research Campus and its Dialogues of Discovery series, and took us on a tour of the area to which we had access. We were shown a long wall of images of "Scientific Heroes," i.e. photos and commentaries on internationally renowned scientific legends in neuroscience, biology, genetics, ethology, microscopy, and computer science.



Rita also pointed out offices identified by names such as "Axons," "Dendrites," "Protons," and "Neutrons" rather than being identified by names of researchers or research teams. We then headed back to the

reception area where attendees were congregating before the start of the lecture.



On that cold, snowy night, refreshments being served to lecture attendees included mini cups of tomato soup and grilled cheese finger sandwiches, desserts, and colored jelly beans representing dye colors used for cellular imaging. All were hospitably served at refreshment stations placed throughout the reception area.

The lecture hall was spacious, with comfortable stadium seating/lecture seating for the 250 attendees. Dr. Lavis provided his audience with some basic background information in chemistry and dye research before talking about his specialized research, per se. He commented that "synthetic dyes discovered in the 19th century laid the foundation for the modern chemical industry." He explained that scientists' motivation to cure diseases led to the study of dyes. His Janelia team's goal is to develop a viable imaging technique to study cell structures in which the dye can track protein molecules for increased periods of time. This provides new insights into how the transcription of DNA is regulated.

Peg and I had wondered whether we would be able to comprehend any of Dr. Lavis's high-level,

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scientific, esoteric presentation on “The Chemistry of Color.” However, his introductory remarks and his excellent presentation style facilitated everyone in the audience being able to understand the focus and importance of his research at one knowledge level or another, even if not understanding the scientific specifics, per se. Based on the questions Dr. Lavis was asked after his presentation, the audience was an eclectic group of all ages and all knowledge levels ... including currently working and retired scientists and academicians, currently working school science teachers, high school students and their parents, and interested others in the community such as senior citizen retirees from Janelia Research Campus’s neighbor, Riverbend at Lansdowne Woods. Peg and I greatly enjoyed the event and were appropriately impressed.

We are fortunate that Janelia Research Campus acknowledges its neighboring community by providing talks on science for the public. If interested in attending a Dialogues of Discovery presentation, scheduled four times yearly, type “Public Events: Dialogues of Discovery” in your search box to get to its web site and then click on “sign up for emails.” Advance announcements of an upcoming lecture program will be emailed to you, providing you an opportunity to request a ticket. Although the scientific lectures are free and open to the public, tickets are required for admission and seating is limited.

— Anita Zatz

It’s Gershwin, By George!

Get ready

Support your fellow Riverbend residents by attending our annual play written and directed by Rose Pryor, Ann Hazard & Carol Cutrona

Mark your calendar

Show Schedule:

Wednesday, April 29, 3 p.m.

Thursday, April 30, 3 p.m.

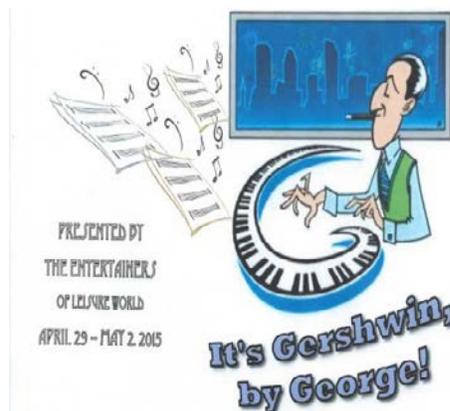
Friday, May 1, 7 p.m.

Saturday, May 2, 3 p.m.

Buy your ticket

Purchase for only \$10 at the Lansdowne Woods Clubhouse: 703-723-1501

See the *Connector* for more details



Terry Wilford, Alan McMaster (Benny) and Blond Bombshell, Linda Kellner in rehearsal.

Around the Bend is a publication of the Communications Committee of Riverbend at Leisure World Unit Owners Association and is available on our web site at <http://riverbend@lwva.org>.

The appearance of advertising within this publication is neither a guarantee nor endorsement by the Committee nor Association of the product, service or company or the claims made for the product in such advertising.

Highlights of February 26, 2015, BOD Meeting

LWVA Reports

- Two additional speed bumps will be installed (one by Blue Ridge and one by Riverview).
- Vista Sales Office will move to newly completed houses in March and work will begin to convert the Sales Center into seven condos which should be ready to go on sale in July.
- Ground breaking for the assisted living center has been done; it will be completed in about 18 months.
- Charles Nelson is temporary chair of LWVA Finance Committee.
- Garden plots are available for rental
- La Pergola will have Happy Hour four days a week now (T, W, Th, F).

Riverbend Committee Reports

- Please complete survey from Activities Committee and place in suggestion box by office.
- Judy Phillips was approved to be on Activities and George Viener to be on Building Facilities Committee.
- Our new control access system is backed up with emergency generator.

Board of Directors Actions

- Amendments to by-laws: A motion to extend voting time was made because only 57% of eligible residents voted. The motion passed unanimously.
- Action in lieu provided payment for registration fees for BOD members, Manager and chairs of Budget & Finance and Building Facilities to attend the CIA conference in DC on March 7.
- The five-year Riverbend Reserve Study is paid for with Replacement Reserves; Building Facilities recommended using Reserve Advisors , at a cost of \$7,250.
- Motion to hold an exercise class, given by Capital Home Health Care failed to pass.

The next BOD meeting will be held on March 26, 2015 at 2:30 p.m.

--- Shirley Thorpe
Secretary



Garden Plots for Residents

If you are interested in proving to Riverbend residents that you have a green thumb, there are still plots available in the gardens behind Riverbend, A resident can rent a plot in any of the three garden areas behind Riverbend, Blue Ridge and Potomac Ridge. To reserve a plot you may call Marci Mitchell, 703-723-1501, Lansdowne Woods Office. All you need to do is complete an application that is available at the Clubhouse. The cost of each plot is \$10/ year.

If you are interested in that opportunity and want some assistance, consider attending a presentation at the Clubhouse meetings of the Garden Club. A series of talks by Master Gardeners is scheduled. . . Check the Connetor for topics and dates. You do not need to be a member of the Garden Club to attend a Garden Club meeting. If you have questions about the Garden Club you may call Bert Schlabach, Garden Club President, phone: 571-918-0780.

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