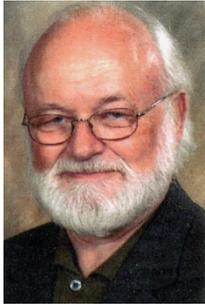




# AROUND THE BEND



## President's Corner August, 2015

Those of you who were at the June board meeting were probably surprised that Terry stepped down as President of our association.

Terry has done a tremendous job getting Riverbend back on track with the rest of our Lansdowne Woods community. We are very grateful to him for his efforts on our behalf. It was suggested that Terry be allowed to have a relaxing summer with his family in Rhode Island. And, it was also suggested that we have a president who could attend to our many issues while living here this summer. The board selected me and I will do all I can to continue Terry's good work.

We have many ongoing concerns and here are some of the most important:

□ It appears that we will need to replace our roof sometime in this coming year. However, we are in the process of getting a second opinion from another reputable engineering firm. This will give us more confidence as we prepare ourselves financially.

□ Our five-year reserve study is in process. Reserve Advisors has promised to have their report to us by the end of July. They are giving us a few months to review their findings and make adjustments if we both agree. For example, new information about our roof may change their findings.

□ We are in the process of negotiating a new contract for TV and perhaps internet service. We are talking to both Comcast and Verizon. Our current contract with Comcast expires at the end of 2015.

□ We are reviewing our draft audit for 2015 with the expectation of receiving the final product very soon.

All of the above items and more will play into our effort to prepare our 2016 budget. The continued

good work by our Building Facilities Committee and our Budget and Finance Committee are key to your BOD making good decisions on your behalf.

We are also very grateful for our new office management. In Sandy Swarr we have a friendly, helpful and very competent manager. Her forte is financial management. Sandy, Ruth, our treasurer, and Priscilla, our chair of Budget & Finance are a terrific financial team working on our behalf. And, Debbie Merriman, our Assistant Manager, is a wonderful, kind, friendly and hardworking support to Sandy and to us as we look for assistance from the office.

I will do all I can to facilitate a strong sense of community. However, our sense of community is very dependent on everyone helping to maintain a friendly, supportive atmosphere. Challenge us in leadership, but remember we are not perfect; we are like all of you, doing our best for our Riverbend community.

*Bert Schlabach, President  
Riverbend BOD*

## Elections 2015

The Elections Committee announces that an election will be held the first week in October to fill two vacancies on the Riverbend Board of Directors. We will also vote for a representative to serve on the LWVA Board. The BOD terms are for three years; the representative to the LWVA Board will serve a one-year term.

A Call For Candidates letter will be distributed to residents on August 4. All interested and qualified parties are directed to fill out and submit the forms in the Call For Candidates packet that will be available in the office upon request.

# COMMITTEE REPORTS

## Activities

### July 4 Barbeque

We all give a big thank you to Sue Wiggins and the wonderful group of helpers from the Activities Committee! They put on a delicious Barbeque Dinner with all of the fixings. The food was spectacular! There was a great turn out and everyone enjoyed the dinner and entertainment. We were so fortunate to have Jane Numbers play a medley of patriotic songs. To make that even better, some of the Blue River singers led the group in a rousing sing-a-long.

### Fundraising Event

The annual fundraising event for the Ashburn Volunteer Fire and Rescue Department is in the final planning stage. We are looking forward to the Pasta Dinner to celebrate the fundraising and have a friendly and informative meeting. Save the date, September 12. Your donation will be your ticket to the dinner. Our special guest will be Miguel Ouizano, Chief of Ashburn Volunteer Fire and Rescue Department of Stations 6 and 22. Several other key personal will speak on topics of interest and answer questions. The AVFRD is very important to the well being of Lansdowne Woods' residents. We all benefit from the caring personnel who give their time so willingly to be here when we need them.



### International Dinner

Tehmi Jamaspian and her sub-committee are planning an "event extraordinaire" for the residents of Riverbend. Mark your calendars for an International Potluck on October 4 at 5 p.m. Bring a family favorite or a dish from a country you have visited (enough to serve 8-10) to help us share the

different cultures of the world. Coffee, sangria, tea and water will be provided. Show your cultural spirit by dressing in international attire which will be showcased on a "red carpet" walk, and perhaps win a prize. Participate in international trivia, door prizes, and much more. There will also be live entertainment. It's going to be a great evening!

In the meantime have fun solving the following questions:

- A. Cuisine: Where is "dhokla" from?
- B. What is the capital of Botswana?
- C. Where do you find the best saffron?
- D. Which African country produces cigars?
- E. Where did sangria originate?

--- Judy Phillips, Co-Chair

Answers to the trivia questions are on page 8.

## Rules

A quorum of the Riverbend Rules Committee (RRC) called an unscheduled meeting on June 25, 2015. The members considered a memo submitted to the Riverbend Rules Committee (RRC) from the Riverbend Board of Directors, dated 6/10/2015, concerning: *Safety procedures for Riverbend staff, and residents.*

A recommendation was submitted to the BOD president. A copy of the memo and the RRC recommendation is in the RRC minutes binder in the lobby.

The next meeting of this committee will be held October 12, 2015, at 11:00 a.m. unless an earlier meeting becomes necessary. Everyone is cordially invited.

--- Joyce Moore, Chair

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



## The Adventurous Eater

By Judy Kory

### Spinfire Pizza

A pizza restaurant is a tough business; there is so much competition. Are you a New York thin crust, Chicago deep dish, California creative toppings, quick nearby delivery type of pizza person? To make it in the pizza business, “Ya Gotta Have a Gimmick!” Spinfire Custom Pizza & Salads has two.

Spinfire is owned by Washington football’s wide receiver Pierre Garcon. Gimmick #1 is that Spinfire in One Loudoun is the place to go for celebrity football sightings. Spinfire focuses on “custom” pizza – choose your sauce, choose your cheese, and choose your toppings. But isn’t pizza normally customized? Well, the second “gimmick” is that your custom pizza will be ready in 90 seconds! Their special 750 degree oven has a rotating stone. When it completes a circuit, your pizza is done!

You are greeted and asked: eat in or carry out? One topping or more than one topping? \$7 buys you a good sized pizza – enough to share - with sauce, cheese and one topping. two to four toppings costs \$9. There are so many choices of proteins, additional cheeses, and veggies that you can create endless combinations, limited only by your imagination! Like Subway or Chipotle, you follow your pizza chef down the line as you select your ingredients. Your particular pie is created right before your eyes. Another option is to order one of Spinfire’s classics, and let the staff put it together for you. Custom salads (\$8) are prepared the same way. Choose romaine, spinach or arugula for greens, add your toppings and choose your dressing, or select a Spinfire Specialty Salad. Calzones (\$9) are also available in customized or classic combinations.

We tried four different pizzas and one Specialty Salad. The crust is thin and soft with a delicious chewy edge. All the toppings tended to puddle in

the soft center, so a fork is required, and it is a little messy. We liked both classic red sauce and pesto sauce bases. Shredded mozzarella gets spread all



over the pizza, while fresh mozzarella provides little bursts of cheese. Sautéed onions, my new favorite topping, are very flavorful. The classic “Veg Out” includes classic red sauce,

shredded mozzarella, red onions, roasted red peppers, artichokes, and black olives. Delicious, but next time I’ll substitute sautéed onions for red onions. Fennel sausage is delicious, and shaved parmesan makes a nice final topping.

The Specialty Chicken Caesar salad was terrific! The salad was enough for two to share, and was loaded with chicken throughout, not just sprinkled on top. We also enjoyed the natural, locally made gelato (\$3) but didn’t have room for a dessert pizza (\$8). Maybe next time.



Here are some tips that could improve your pizza. Ask your chef to spread sauce all the way to the outside edge, and put cheese and toppings in a donut shape leaving the center nearly naked. If the restaurant isn’t busy, ask him or her to cook your pizza for a few more seconds. This should firm up the crust a bit and avoid the center puddle.

Find Spinfire Custom Pizza and Salad at 20552 Easthampton Plaza (next to Nando’s) at One Loudoun, [703-858-1700](tel:703-858-1700), or online at [spinfirepizza.com](http://spinfirepizza.com).



*Custom ½ fennel sausage; ½ sautéed onion pizza.*

Community Services

Claude Moore Park:



Claude Moore Park, one of many public parks in our area, is located in the eastern part of Loudoun County (21544 Old Vestal’s Gap Road, Sterling). Dr. Claude Moore (1892 - 1991) was a philanthropist who gave his 18th century farm, Lanesmoore, to the National Wildlife Federation

(NWF). Loudoun County purchased the farm in 1990 for use as the Claude Moore Park. Its historic area includes 357 acres with woodlands, wetlands, hiking trails, fishing ponds, picnic pavilions, a large Sportsplex, the Loudoun Heritage Farm Museum, the Claude Moore Recreation Center and the Claude Moore Community Center. American Indians once followed the route now known as Vestal’s Gap Road through the park for their hunting and travel, getting their water from two perennial springs alongside Vestal’s Gap Road and using the plentiful quartz and quartzite for tool-making. The area’s documented history dates back to the late 1600s.

The Heritage Farm Museum motto is: “We preserve the past. We Educate the future.” It was designed to showcase more than 400 years of agricultural history in Loudoun County. Its scheduled activities are planned for all levels of education from pre-school to high school, including programs, presentations, field trips, and hikes. Special events for children such as nature or adventure birthday parties and traveling naturalist programs can be scheduled with the Park Naturalist at: [571-258-3700](tel:571-258-3700). Programs are also provided for adults interested in the history of Loudoun County. The Heritage Farm Museum’s interactive displays reflect lifestyles of past generations of Loudoun County residents. Its exhibits include those that allow the visitor to be a “farmer for a day,” re-create the past in the “Waxpool general store,” see farmhouse furnishings and appliances in “grandma’s kitchen” as it would have been during the period before World War I prior to electricity, and view a collection of Indian arrowheads and tools gathered from fields in the Lucketts area of Loudoun County. Wall posters and photographs in the museum reflect historic



information about Loudoun County dating back to the 17th century, including the comparative growth of Loudoun County agriculture through the end of the 20th century.

For additional information about Claude Moore Park and its program schedule, go to [www.loudoun.gov](http://www.loudoun.gov) and search for Claude Moore Park; or call: [571-258-3700](tel:571-258-3700).

Silver Line Metro Connection Update:

Loudoun County has recently implemented several improvements to its local bus service including the addition of the two following new direct routes to the Wiehle-Reston East Metrorail Station:

1. new local bus service from Dulles Town Center to the Wiehle-Reston East Metrorail Station, departing the Dulles Town Center Park and Ride lot Monday through Friday with morning and afternoon peak hour service and all day Saturday service at a \$1 fare per trip.
2. express bus service from the Telos Park and Ride lot (19886 Ashburn Road) to the Wiehle-Reston East Metrorail Station departing every half hour with morning and afternoon peak hour service at a \$1 fare per trip.

Bus schedules can be viewed at [www.loudoun.gov/localbus](http://www.loudoun.gov/localbus). Printed bus schedules are available at Inova Loudoun Hospital, Dulles Town Center, and the Loudoun County Government Building. For additional information, call: [703-771-5665](tel:703-771-5665).

— Anita Zatz

Welcome

We extend warm Riverbend welcomes to:

Jerry and Joann Bloomberg from Indianapolis, IN, who now live at #820;

John and Laura Gannaway who travelled all the way from Leesburg, to reside at #411;

and Sue Malone who moved from Montgomery Village, MD, and now lives on the 11<sup>th</sup> floor.

William and Cheryl Newman from Simsbury, CT via McLean, VA, who now call Unit 718 home.

Welcome one and all!

## Riverbend Library

We Riverbend residents are indeed fortunate to have an excellent small library located in our party room. Our building is chock full of avid readers and the library is the beneficiary of their generosity. The library operates on the "honor system." Select a title, read and enjoy it and return it to the library basket. The book will be shelved for you.



Books are arranged alphabetically by author and are divided into three categories. Large-print books are located on the upper left-hand shelves and have red dots on the spines. Non-fiction books are located below them and have blue dots on the spines. All the remaining books are fiction and are separated into hard-back (green dots) and soft-back (yellow dots) divisions. Some fiction titles have no dots as the green and yellow dots are unnecessary and are being phased out.

Please place all donated books, up to three at one time, in the library basket for shelving. Cookbooks, religious books, "how-to's," textbooks, oversized and books in poor condition are not accepted. Please donate these items to your favorite charity. All other titles are welcome and gratefully appreciated.

"Books – Portable pieces of thought." --- *Susan Sontag*  
 --- *Bonnie Wohlford*

## Friday Night Happy Hour

Last May Ann Robinson and I shared the fact that we miss the chance to have a glass of wine while sitting outside in conversation with friends. It seemed to us our patio provides a perfect setting to do this. How about having a Happy Hour on our patio once a week?

We shared this idea with some other residents who agreed the idea was great. Several asked, why we hadn't thought of this before. That was the beginning of our experiment with Happy Hour at 5 p.m. on Fridays. We have been pleased to have between 20 and 30 attendees each week.



From the beginning this was intended to be open to everyone. Each week word was spread. This is hard

to do in a community of our size so it will now be included on the calendar. No committee or person is in charge of this Happy Hour. It is completely informal. Each person who comes brings an appetizer and their own glass and drink. At the end of evening, each person is responsible for taking home their dish and anything left over.

--- *Beth Schlabach*



*Come and join us!*

## Fitness Challenge 2015

Another successful Fitness Challenge has ended and Riverbend did very well in this year's standings placing First as the Building With Highest Percentage of Resident Participation.

Other campus-wide awards to Riverbend were a Fourth place for Building With Highest Average Exercise Minutes and a Second and Third place won by Virginia Laughlin and Stan Salzman for Brain Fitness Minutes.

Building winners from Riverbend were:

### Highest Exercise Minutes

- First --- Sue Joglekar
- Second --- Beth Schlabach
- Third ---- Bruce Bracebridge

### Brain Fitness Minutes

- First --- Virginia Laughlin
- Second --- Stan Salzman
- Third --- Bruce Bracebridge

Our congratulations to the winners and to all who participated.

A special thanks to Jackie Lev Dahl who worked tirelessly to recruit participants and to organize, collect, tabulate and report weekly exercise minutes totals.

**Riverbend Celebrates the Fourth!**

At the Clubhouse -



In Our

Party Room -



*Photos -Charlie Nelson*



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://riverbnd-lwva.org> . The appearance of advertising within this publication is neither a guarantee nor an endorsement by the Committee nor Association of the product, service or company or the claims made for the product in such advertising

### Good Games --- Good Friendships

Crack! Dot! Bam! The strange sounds remind me of exclamations in the bubbles of an action-hero comic book. Yet they're being uttered in perfect seriousness by a group of women around a table in the clubhouse card room on a bright Florida afternoon.

I'm the newcomer, so I'm here to observe and attempt to understand the complicated trading of tiles and movement of walls. A player makes a strategic move. I scan her tiles and see the logic. Interesting. And then it hits me. Play mah-jongg? Me? This can't be happening.

When I was a child growing up in working-class, urban Philadelphia, mah-jongg was the pastime of ladies of leisure. It was a game played by women with gray hair tinted blue. Women who chain smoked and wore heavy makeup and too much jewelry. Surely I don't fit any of these descriptions. Or do I?

Sure, I have lots of gray hair; but thanks to L'Oreal nobody has to know this. Besides, my generation of seniors favors frosting over blue tint. True, I have retired after a long career in the high-school classroom, but I need time each day for reading, working out at the gym, doing a little volunteering. Certainly I don't need mah-jongg.

So how did I get here, in this southwest Florida clubhouse, at this mah-jongg table, with these other senior citizens?

After retiring in 2000, I became more aware than ever of our empty nest. The children were now adults and living full, independent lives. I had friendships, of course, but had done little to cultivate them because of the demands of career and family. Now that I found myself "bored," I decided to focus on "board" games. I invited several couples to play at our house in Vienna.

We started with Scattergories, Taboo and Cranium. We moved on to Pictionary. We progressed to Smart, a challenging trivia game. We even tried



Senior Moments. We began meeting monthly, rotating venues. In the fall we took decks of cards with us to Skyline Drive in the Shenandoah Mountains and passed long hours playing Hand and Foot and enjoying one another's company. We named ourselves The Game Gang.

Then came September 11. We met as usual that month, but nobody felt much like playing. Instead, we sat together, sipped our wine and shared our personal fears and pain. Several of the men had worked in the Pentagon and felt an acute sense of loss. We offered each other help in coping. We bonded. The Game Gang had become a surrogate family.

There have been many changes in our lives, but the Game Gang is still going strong. One couple moved to Phoenix but joined the games during visits to Northern Virginia. Some, like us, now spend winters elsewhere. One couple has moved to Valencia, Spain. But every month, like clockwork, someone offers to host the games and whoever is available shows up.

The Games are now far less important than the Gang is. Clearly, I tapped into a real need when I brought together a group of retirees who missed their children and felt lost without the challenges of their careers. We need close friends now more than ever. And the games we play serve as the vehicle for those friendships, just as Parcheesi and Monopoly did when we were kids. It doesn't matter what we play, as long as we play together.

Back in the Naples, Florida, clubhouse the ladies insist that I sit in. I'm nervous at first but gradually gain confidence. With maximum concentration, I study the possible combinations and make strategic decisions. Somehow the tiles fall into place. Beginner's luck? Maybe, but suddenly I hear myself declare "mah-jongg." and I'm hooked!

Play mah-jongg? Me?

Of course!

Come join me on Monday nights at the mah-jongg tables in the party room.

---Bernie Nakamura

Next BOD Meeting: July 30, at 2:30 p.m.

--- Shirley Thorpe, Secretary

**Highlights of BOD Meeting  
June 25, 2015**

**LWVA Reports:**

- On August 17, restaurant will be under new management, with a new name, menu and decor.
- No decision made on where interfaith space will be located.
- Future of our “Globe” is uncertain; it needs extensive repair if we keep it.
- A sign (Lansdowne Woods of Virginia) for the front is being designed.

**Riverbend Reports:**

- Building Facilities is considering FEA for a second opinion on our roof.
- Manager, Sandy Swarr, reported on status of work in progress (audit, amendment update, HVAC inspections and reserve study).

**Old Business**

- Reserve Study --- Bert Schlabach reported that we should receive the first draft by August 1.

**New Business**

- Thanks were given to Carolyn and Aubrey Hite, for their contributions of work getting our library in place, and keeping the patio lovely with beautiful flowering plants.
- Motion made and carried to approve the members of the Election Committee:  
 Memory Porter, Chair  
 Virginia Laughlin  
 Mena McGrosky  
 Bernie Nakamura  
 Marilyn Schwing  
 June Shirley  
 Shirley Thorpe, BOD member
- Terry Wilford resigned his office of BOD president, but will remain on the BOD as a director. This is due to his long absence until September.
- Motion made and passed that Bert Schlabach fill the remainder of the president’s term.

**From The Engineer**

**Bryan Crosley**



**Prevent Kitchen Drain Clogs**

To help prevent drain clogs in your unit and throughout the building, don't put these items down the drain or through the garbage disposal: oil and grease, rice, banana peels, orange peels, apple peels, potato peels, celery, spaghetti or macaroni, just to name a few. When you use your disposal or sinks, always use plenty of water to wash the scraps down.

**Answers to International Trivia Questions:**

- A. India
- B. Gaborone
- C. Iran
- D. Cameroon
- E. Spain

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