



AROUND THE BEND

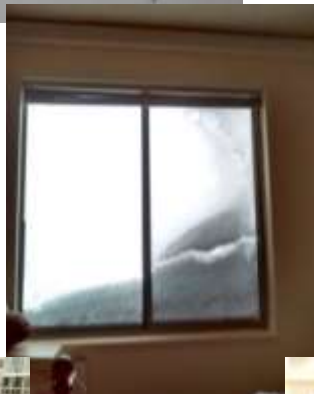


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Snow 2016



Historic Winter Storm Jonas roared through Lansdowne Woods dumping over 30 inches of snow. Here are a few scenes captured by several of our resident photographers. . . Dick Harris, Charlie Nelson and Bert Schlabach.

An impromptu potluck was attended by a large number of residents. . . what better way to “weather the storm” than in the company of friends sharing good food, lively conversation and even a little dancing.



President's Corner February 2016

As I write this it is Friday, January 22. The weather forecasters have predicted our first real snow storm for this winter season. If their forecast comes true, it will be a doozy! Remember that old expression? So our building and the Lansdowne Woods complex have battened down the hatches as we prepare for this storm. Plenty of snow and high winds mean a blizzard. By the time you read this the storm will be history. Here's hoping we all have come through the storm none the worse for wear.

Here are a few project and issue updates.

1) Our roof project status: We sent ETC and FEA (both are engineering firms that we have worked with before) our RFP (Request For Proposal.) We asked them to tell us how much it will cost to have them guide us through our roof replacement project. We received their proposal on January 15, as requested. Sandy was able to create a summary of their proposals, make copies and notify our Building Facilities Committee and our BOD that we could pick up copies. Some members of the Committee could not make it to the office before closing on Friday and the weekend was busy so we were not prepared to recommend a company at the special BF meeting on the following Tuesday the 19th. To avoid an uninformed decision, another special BF meeting is scheduled for January 27 at 1:30pm. All are welcome to sit in on the discussion.

2) Our Comcast contract: The contract has moved from our lawyer to Comcast and since they didn't like something the lawyer added, negotiation continues. We are determined to get all three of us to agree to the final wording by February 1. In any case, Comcast will continue our current contract until the new one is signed. Comcast will schedule

a date with us for the switch-over to the X-1 system. They will replace our cable boxes and give us instructions on how to use the new cable boxes and remotes. They have assured us that if any of us are away at the scheduled installations times, they will return and do installations at our convenience.

3) Good news! Sue Wiggins' locksmith son has found a source for replacement locks for our mailboxes. Our engineers have found, with only a very slight modification to our mailbox locks, we will be able to continue to use our unit keys to open our mailboxes. We have ordered 50 of these locks and can now replace any faulty locks with relative ease. This means we will not have to replace our mailbox walls for the next few years as we originally thought --- a savings of over \$18,000.

4) During our recent BOD meeting we approved two new members for our Activities Committee: Carol Michaels and Dorothy McMaster. Thanks to both of them for joining our Activities Committee.

5) The annual Washington Metropolitan Chapter Community Association Institute (WMCCAI) conference and EXPO will be held on March 12. Our Riverbend Condominium Association pays for and encourages members of the BOD and our committee chairs to go to the expo if they wish. The Lansdowne Woods bus will provide transportation to the Washington Convention Center for the event. I have found it a very good educational experience for all of us who have an interest in Condominium and HOA management. It is also open to any owner who wishes to attend. Early bird registration fee is \$55. If interested, come to the office and get registered before February 19.

As always, feel free to sit in on any and all committee meetings.

---Bert Schlabach – President
Riverbend Condominium Association



Management Corner
Sandy Swarr

Reminder - Noise transmission

In a close knit community such as yours, it is important to always keep in mind that noises made in your unit may transmit to other units. A good rule of thumb is to let your neighbors know to contact you if any noise from your unit is disturbing them.

Riverbend at Lansdowne Woods Rules and Regulations state “sufficient carpeting or rugs and padding shall be maintained on a minimum of eighty percent of the floor surfaces (excluding kitchens, closets and bathrooms) in units located over other units to adequately reduce transmission of sound between units.”

Please install felt pads on the bottom of chair legs to reduce a scraping-like sound when the chair is moved. Felt pads can be purchased at most hardware stores and on-line.

If your bathroom exhaust fan is noisy, it may be time to have it cleaned or replaced. A noisy fan can cause a humming sound in your neighbors unit. Cleaning of your exhaust fan can be done as part of the in-unit service program, but replacement of the fan must be done by an outside contractor.

Happy Valentine’s Day!



From the Engineer
Bryan Crosley

Storage Lockers and Storage Rooms:

Remember to keep items in your storage locker stored below the yellow line. The yellow painted line is 18 inches below the sprinkler line and sprinkler heads (National Fire Code regulations) to give you a visual reference. Also don’t store or leave anything outside of your lockers as this is also against fire code.

Board Highlights

BO Meeting --- January 21, 2016

This is an unofficial summary. Once the Members have approved the minutes they will become official record and can be viewed online or in the Riverbend lobby.

At their January 21, 2016 the Board took the following action:

- Consider Roof Engineering Bids – Postponed until after Building Facilities and Budget and Finance have sufficient time to consider the bids and make recommendations
- Research Policy Resolution # 10 – Pet Policy – Covenants Committee will consider at their next meeting
- Appoint Carol Michaels and Dorothy McMaster to the Activities Committee

---Bert Schlabach
President

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

COMMITTEE REPORTS

Some happy re-giftees . . .

Happy Valentine's Day from all of the members of the Riverbend Activities Committee!

The Activities Committee is actively looking for new members for the committee! We have had several of our members retire or reduce their participation for various reasons. We need new ideas and new people to join us in planning and putting on the activities that everyone enjoys.

The monthly meeting is held on the first Monday of the month at 10:30. All are invited to join us in the party room to see if you would be interested in our committee. It is so much fun to plan what is going to happen and enjoy it when people come and participate.

This year began with the Re-gifting Party. It was so much fun and we had such a great turn out! Our funny and very talented MC, Carol Cutrona, was wonderful! She made the evening very enjoyable. We laughed the night away and had a great time. The food was in keeping with the Chinese New Year with eggrolls, fortune cookies and clementines and was enjoyed by all. The committee gives a big THANK YOU to Carol, all who participated and all who worked on the event!

We would like to give special thanks to Mary Smith for her help in setting up the room as well as Cathy Black, Ginny Walczak and Sue Wiggins for their help with the event.

Our February events will be a Super Bowl Party on the 7th and a Soup and Wrap luncheon on the 11th. Please see the posters in front of the mailroom for the details!

We are planning many other events for the upcoming months and welcome any suggestions you have.

See you at the upcoming events!

--- Judy Phillips-Co-Chair



COMMUNITY SERVICES

Inova Loudoun Hospital:

Inova Loudoun Hospital's \$275 million expansion plans recently won the unanimous support of the Loudoun County Board of Supervisors. Its expansion to an 88 acre campus is designed to meet the hospital's needs over the next two decades. (The population of Loudoun County is expected to increase to more than 400,000 residents by the end of this decade.) Inova Loudoun Hospital's construction is planned in phases over the next four years and will include a parking garage for 900 vehicles, modifications to the existing hospital building, and a new seven story patient tower. The initial phase includes creating a new entrance road from Woodridge Parkway to a new rear entrance to the hospital. As many of us who have driven by the intersection of Woodridge Parkway and Riverside Parkway are already aware, that road project is well under way. The new entrance and parking garage are anticipated to be completed in 2017. Subsequently, the seven story tower will be built in front of the current hospital and is anticipated to be completed in 2019.

Inova Loudoun Hospital recently received a commendation for its measures to improve quality and safety of care from the leading national accreditor of hospitals, the Joint Commission on Accreditation of Healthcare Organizations. Inova Loudoun was recognized for its excellence in accountability and improvements in evidence-based treatment interventions that increase the potential for good patient outcomes.

Scams and Frauds--Never-ending Update:

The Loudoun County Sheriff's Office recently advised residents of current telephone solicitations for the local chapter of the Fraternal Order of Police. However, a caller representing the Loudoun County Fraternal Order of Police never asks for a credit card number or bank routing information during the telephone solicitation. The caller requests that your pledge be mailed to a local post office box in Leesburg. More information about that organization's fundraising practices and its verified mailing address can be found at www.vafop.com

What with the arrival of tax season, the Loudoun County Sheriff's Office is warning residents about scammers posing as IRS officials. The scammer calls

or emails you to tell you that you owe the IRS money, says the money must be paid now to avoid being arrested, and then demands immediate payment via prepaid money cards or wire transfers. The scammers may use software that tricks your caller ID or may use internet phone services that make tracing the number very difficult. The Loudoun County Sheriff's Office reminds residents not to provide payment via a prepaid money card or wire transfers and not to provide personal information to anyone making these threats or demands.

The IRS will never contact you by telephone or email. If you have a tax issue, the IRS will contact you by mail. The IRS has been working closely with the tax industry and state revenue departments to provide taxpayers with stronger protections against identity theft.

An AARP scam alert in a recent "AARP Bulletin" recommended being wary of "free" offers to get your credit scores. A "free" offer may be bait from a scammer who is after your money or your identity. The "cost" of seeing your credit scores on many websites is receiving promotional emails for products such as credit cards. The goal is to keep you coming back to that website to check your free score and to induce you to sign up for offers by its vendors. Because many people don't know that credit scores are widely available at no cost, scammers may intervene by masquerading as well-known companies and banks, sending you email that replicates email from real companies and banks. Your "free" credit score may come with monitoring or identity protection services. Or, your identity may be stolen. It is recommended that you read emails carefully; that you never give your credit card numbers to obtain a "free" credit score; that you don't interact with companies that have the word "free" in their domain name; that you be especially wary after a publicized data breach; and that you obtain your credit score from your own bank, credit card provider, or a known legitimate website.

Other AARP recommendations to avoid potential scams are the following:

Be aware of bogus email order confirmations claiming that one of the delivery services such as FedEx, UPS, or USPS has a delivery for you, and requests that you to click on an attached link. It is

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recommended that you never click on that link, but rather, that you type in the courier company's website address to authenticate it.

Be aware that malware can be delivered by links to bargain prices touted on social media or through search engine results. Scams such as these focus on getting your credit card information. It is recommended that you carefully read website addresses for any slight tweaks such as extra letters in words or any ending except the usual ".com" or ".org." Provide credit card information only on websites that have an address beginning with "https://."

Be aware of charity cons. It is recommended that you ignore email solicitations unless you previously donated to that particular cause and that you ignore telephone solicitations unless you placed the telephone call. Before donating, verify an organization's legitimacy at websites like www.CharityNavigator.org or www.give.org

Be aware of "gotcha" giveaways. Unless free merchandise is offered on websites of trusted retailers, assume it is another ploy to install malware or "phish" for sensitive information.

Delete any e-card greeting that arrives with no specific recognizable name. If the e-card contains a confirmation code, safely open the card by first going to its issuer's website.

--- Anita Zatz

Dates to Remember

Sunday, February 7 --- Super Bowl Party; 6 p.m.

Monday, February 8 --- Chinese New Year
Year of the Fire Monkey

Thursday, February 11 --- Soup & Wrap Lunch; noon

Saturday, February 13 --- Dinner Club; 6:00;
Crossroads Restaurant

Sunday, February 14 --- Valentine's Day

Monday, February 15 --- Presidents Day; \
Office closed

Thursday, February 18 --- Deadline for
Around the Bend

Thursday, February 25 --- BOD meeting 2:30 p.m.

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

Now You Know

Here are the answers to two questions frequently asked:

Q. Why is Riverbend collecting empty egg cartons?

A. The empty egg cartons go to the Interfaith food pantry in Leesburg. The pantry receives their eggs from the distributor in a huge box; but since they can only dispense a couple eggs for each recipient family, they need some way to package the eggs so they get to the recipient's home intact! Since each recipient only receives a small number of eggs, the pantry requests only 12-count or smaller cartons.



Q. Are you still collecting egg cartons?

A. This is an ongoing need and will continue into the future.

For your convenience, empty egg cartons may be left in the kitchen behind the party room, left at my unit #106, or I would be happy to pick them up from you if that would be helpful.

If you have questions, call Jackie Levdahl at [703-729-6276](tel:703-729-6276).

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The Adventurous Eater

By Judy Kory

Volt Family Meal

There was a lot of excitement when famous Chef Bryan Voltaggio (Top Chef Season 6 finalist) opened one of his many restaurants here in our neighborhood (One Loudoun) with the friendly name of “Family Meal.” We decided to check it out.

Access to the restaurant is via a very long ramp or up a flight of stairs. Although there is plenty of parking around the corner, nearby parking is limited. The interior is modern with a clean look, inviting and comfortable. Family Meal was named by the Washington Post as the best traditional fried chicken (\$15), so we had to sample that. We also ordered the 3-course Express Lunch (\$16) available Monday through Friday from 11 am to 3 pm.

The menu can be described as “creatively traditional.” For example, the hamburger comes with pepperoni, gruyere, cheddar, caramelized onions, bibb lettuce and trinity sauce. The chicken lived up to its reputation. Four pieces (half a chicken) came in a cute chicken-shaped yellow bowl with two amazing cheesy buttermilk biscuits, pickled vegetables and hot sauce. Even reheated the chicken was perfect. A side dish of sautéed spinach (\$4) came with pieces of fig and lots of hazelnuts, an unusual combination but delicious.



For our lunch’s first course, we chose Arugula Salad with pears, spiced pepitas and blue cheese. It was enough to share and is a new favorite. The main course was Smoked Barbeque Pork Shoulder with apple-celeriac slaw on brioche. The “slaw” was actually paper thin strips of apple and celeriac piled on each other on the sandwich. The accompanying French Fries were outstanding. Dessert was ice cream or sorbet in a dizzying array of flavors, including “Stout.”



While sharing our salad we ordered the bread basket (\$6) which did not arrive until much later. Our waiter removed it from our bill. House-made sodas (\$3.50) include ginger beer, full of ginger flavor, crisp and refreshing. Coffee, tea, and fountain sodas are \$2. There is a full bar.



The menu covers appetizers (\$5-8) including yummy Chicken Pot Pie Fritters; Soups (\$8); Salads (\$9-10) add on chicken (\$6) shrimp or salmon (\$10); Breakfast (\$8-15); Entrees/Plates (\$15 to 21); Sweets; Beverages; Share (side dishes); and Happy Campers (children’s menu served with applesauce and green salad). There is something for everyone.

Portions are generous; prices reflect the expertise of Executive Chef Voltaggio and the interesting twists he adds to Family Meal. Open Monday through Sunday, Lunch from 11 to 4, Dinner from 4 to 10, Brunch on Saturday and Sunday from 9 to 3. Make a reservation at voltfamilymeal.com or call [703 726-9800](tel:7037269800). Family Meal is at 20470 Exchange Street, Ashburn, 20147, in One Loudoun.



The Smoked Barbeque Pork Shoulder sandwich.

Around The Bend is a publication of the Communications Committee of Riverbend at Lansdowne Woods 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 an endorsement by the Committee nor Association of the product, service or company or the claims made for the product in such advertising.