



AROUND THE BEND



Volume 17, No. 1

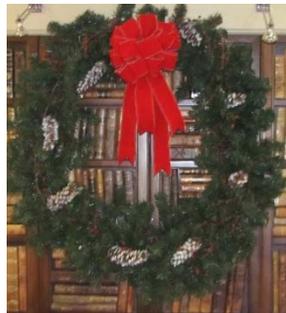
Published for Riverbend Residents

January 2015

'Twas the Season



Riverbend's halls were decked with nutcrackers, Santas and poinsettias . . .

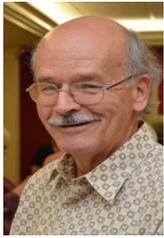


. . . the Party Room and Lobby were decorated with care.



Delicious treats, good boys and girls and our very own Santa and Mrs. Claus made the festivities bright!





**President's Corner
January, 2015**

Christmas has come and gone and the New Year is here. I hope that you all had a great Holiday Season and that the New Year will be all that you want it to be. Here's to Good Health and Good Friends!

The proposed changes to our By-Laws were presented to our residents in early November and they have been revised based on your comments. I have decided to wait 'till later this year to present them again as many people are away over the holidays.

The trim the tree and building Sunday event was great and it was fun to see the children present interact with Santa Claus. Thank you Bert Schlabach, aka Santa, and the Activities Committee for a great event.

Thanks to all the residents who donated to the Riverbend Holiday Fund. It made the season a little brighter for our building staff, including the housekeeping staff and the security force who keep us safe. A big Thank You also goes out to Memory Porter and Beth Schlabach for handling the collection, accounting and distribution of the fund.

**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, 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 sink, always use plenty of water to wash it down.



**Management Corner
Monica Mizerek**

Hello Residents:

Here is hoping that your Holiday plans are running smoothly and that everyone will be cheering on a New Year!

With that as a segue, we want to let you know that on:

January 6, 7 and 9, 2015

the office will register all Riverbend residents for new fobs as well as update your information related to contact info, email, and pet registration, et cetera. Please be prepared to provide identification at that time.

Also, if you plan to purchase key cards for the front entry for a relative, please let us know at the time of registration, so we have enough in stock at time of distribution. A notice will be delivered to all unit owners and residents. Office hours will be extended to accommodate residents' schedules.

Again, I want to take a few lines and remind all residents that all contractors, moves, and deliveries do need to be scheduled with the office. The entire staff and your co-residents appreciate a smooth process for getting things done with very little disruption to our neighbors.

So thank you for taking time out to read my corner and know that we sincerely wish all of you a very

HEALTHY Happy New Year!!!!

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

COMMITTEE REPORTS

Activities Committee

2014 was a very good year. We have truly been encouraged by the favorable reviews we have received on the decorations, food, and programs. We have had a terrific team that has worked beautifully together. We also have had people that were not members of the committee share their talents which helped to make it an interesting year. I want to thank my Co-Chair, Mary Smith, for being a great partner and putting up with me.

She also is Treasurer. This spring she finally got our bank account straightened out. We now get paid promptly and it is so much easier for her to balance the account. Many thanks to the Board of Directors for their support!

As usual, the Lobby Christmas tree and decorations were beautiful. Lois Plouffe had our



newcomer, Judy Phillips, to help this year. Judy, like Lois, worked in decorating and we are so fortunate to have such talent at Riverbend. Our appreciation also goes to Maria Kelly and Bev

Eddy for putting the lights on the Party Room tree again. Several of the residents did not want to put ornaments on the tree. It was beautiful without them!

Our Trim-a-Tree Party was great fun. Both trees were decorated at the same time and really started the Christmas spirit! Everyone settled down with punch and cookies and visited, and visited, and visited, awaiting Santa! Right around 4 p.m. we had some little visitors who had heard a jolly old man in a red suit was going to come. Talk about excitement! He



arrived and he was wonderful. Mrs. Santa also came to help him.

Many, many thanks to Beth and Bert Schlabach for giving such joy to the old as well as the young.

Mary and I are ready to turn over our Co-Chair positions to Tehmi Jamaspian and Cathy Black. I am looking forward to the new year as a committee member and Mary will continue as Treasurer. Tehmi and Cathy will be a great team with lots of new ideas. Remember, we are always looking for new additions to our team.

There have been requests for the Chinese Auction (re-gifting party) and it is scheduled for Friday, January 9, at 7 p.m. For \$2 there will be light refreshments and then the action begins. Bring a wrapped gift (perhaps something you received over the holiday, a lovely gift, but you know you will never use it, or it could be something interesting???) that no one would want) and the fun starts.

With best wishes to you and yours for 2015.

--- Sue Wiggins
Co-Chair

Rules Committee

The Rules Committee begins this New Year with submission of the Riverbend Rule Book Ready Reference recommendation to the Riverbend Board of Directors for their review, approval and publication. The Rules Committee recommendation is to publish a copy for each unit. A master copy of the Riverbend Rule Book Ready Reference will be available in our lobby for everyone. A further recommendation of the Rules Committee is to make this publication available online.

The current Rules committee members are Angela Hellstern, Mike Schneck, Lois Plouffe, Shirley Kershaw, and Joyce Moore. We are a diverse group with diverse life experiences and opinions. Our meeting minutes are available in the lobby library. All residents are welcome to attend our meetings every second and fourth Monday at 11:00 a.m.

--- Joyce Moore
Chair

Photos in this issue of Around the Bend are courtesy of Charlie Nelson and Bert Schlabach.

COMMUNITY SERVICES**Getting To Know Our Neighborhood**

Perhaps, some of you, like me, drive by neighborhood commercial buildings and see their signage, without really knowing what business or service endeavor they represent. Of course, the functions of some buildings are obvious, like Inova Loudoun, the Lansdowne Resort, and the medical office buildings on Woodridge Parkway, Riverside Parkway, and Deerfield Avenue. But the functions of some businesses or services are not fully obvious merely from their building signs, per se, such as the following:

Jack Kent Cooke Foundation (44325 Woodridge Parkway): The Jack Kent Cooke Foundation, established in 2000, is the largest scholarship foundation in the country. It is a private, independent organization dedicated to ensuring that talented students from low income families get the resources they need to develop their potential. The Foundation supports high achieving students from elementary school through graduate school levels. To date, it has awarded \$125 million in scholarships to 1800 students. Although primarily a scholarship provider, the Jack Kent Cooke Foundation also invests a portion of its funds to expand academic enrichment programs for young students and to increase advocacy for college enrollment. Jack Kent Cooke was a man of humble beginnings who left high school during the depression to support his family. He built an empire of radio and cable television stations, magazines and newspapers, prestigious property holdings, and ownership of sports teams (Los Angeles Lakers, Los Angeles Kings and Washington Redskins). He always regretted that he could not afford to attend college. When he died in 1997, this self-made billionaire left the bulk of his estate to establish the Jack Kent Cooke foundation, his life's legacy. Because Jack Kent Cooke was a central figure in the northern Virginia - Metropolitan DC area community for many years, the Foundation developed the Good Neighbors Grants program to identify and strengthen ties with non-profit organizations in our area to help local students with financial needs reach their fullest potential through educational opportunities.

Iridium Communications, Inc. (44330 Woodridge Parkway): Iridium Communications, Inc. in Lansdowne is the satellite networks operations center for the Iridium Satellite Constellation, a system of 66

low orbit satellites circling the earth. This system enables connections between people, organizations and assets to and from anywhere on earth in real time, including remote areas like airspace, oceans, and underdeveloped parts of the globe that have no communications systems. The Iridium global communications system is not intended to be a communication service for mass consumers. Rather, it is a communication service addressing very specific needs of customers from industries such as aviation, maritime, mining, oil and gas, forestry, emergency services, and the Department of Defense.

Prison Fellowship Ministries (44180 Riverside Parkway): Prison Fellowship Ministries, founded in 1976, is dedicated to training thousands of volunteers to evangelize prisoners and restore families through faith based community re-entry programs. Its mission is to prepare Christian inmates to eventually become leaders of their families, communities and churches once they are released back into the community. Prison Fellowship's collaborative network of ministries brings together dozens of Christian organizations to visit prisons across the country to implement bible studies and seminars, provide supportive services to families and friends of prisoners, and facilitate a range of community resources including housing and employment to help prisoners transition back into society.

American Roentgen Ray Society (44211 Slatestone Court): The American Roentgen Ray Society, founded in 1900, is the first and oldest radiology society in the United States. It provides its membership of Radiologists with benefits such as clinically relevant monthly journals, accredited medical continuing education opportunities, and annual scientific meetings and symposia. Its publications include the American Journal of Roentgenology, a leader in radiology journals for over 100 years for its clinical education and cutting edge research reports.

Shenandoah University - Northern VA Campus (44160 Scholar Plaza #100): Shenandoah University's northern VA campus offers graduate degree programs in areas such as education, nursing, rehabilitation therapy and pharmacy. The goals of its increasing collaborative partnership with Inova are to additionally expand its graduate health education curriculum and strengthen the regional health care work force in northern Virginia.



Morven Park Update: The Thanksgiving turkeys that President Obama recently pardoned, Mac and Cheese, now live their lives in luxury at historic Turkey Hill Farm at Morven Park, Leesburg, one of the largest turkey farms in the nation during the early 20th century.

--- Anita Zatz

Dates To Remember

Thursday, January 1 --- New Year's Day.
Office closed.

Friday, January 9 --- Tree Pick-up.

Friday, January 9 ---Chinese Auction, 7 p.m.

Saturday, January 10 --- Riverbend Dinner Club,
La Pergola, 6.30 p.m.

Thursday, January 15 ---
Deadline for *Around the Bend*.

Friday, January 16 --- Tree Pick-up.

Monday, January 19 ---
Martin Luther King, Jr., Birthday,
Office closed.

Thursday, January 29 --- BOD meeting, 2:30 p.m.



Inclement Weather Policy

If Loudoun County Public Schools are delayed, the Clubhouse opens as scheduled and exercise classes are held as scheduled. The shuttle bus run is delayed: if school is delayed for one hour, the first bus run is at 10 a.m.; if school is delayed for two hours, the first bus run is at 11 a.m.

If Loudoun County Public Schools are closed, the Clubhouse opens as scheduled. Exercise classes and the shuttle bus are cancelled.

The Saturday bus run is at the discretion of the driver.

If Loudoun County Government closes, the Clubhouse will close and activities are cancelled

--- *From The Connector, January, 2015*



If you enjoy the Wednesday morning Coffee Hour, please consider bringing along some of your favorite coffee cake, muffins or fruit to share. Your 25 cents each week covers just the costs of coffee, sugar, creamers and plastic/paper goods. We count on you for the rest.



The Adventurous Eater

Beth Schlabach, Guest Columnist

Just Off Main Street

Have you ever driven to Middleburg? It is a very lovely village about 30 minutes from Leisure World. If you journey off the main street at the only stop light in town you will find a Federal-style house at 101 South Madison Street that is occupied by the French Hound Restaurant. Bert and I found it about a year ago when we were



looking for a place to have lunch. We were greeted by Marny Birkitt, General Manager, who ushered us to a table situated in one of the small rooms that is bordered by windows overlooking a garden. We were pleasantly surprised by the homey atmosphere and immediately felt comfortable. The restaurant is a converted house that uses the smaller rooms as an opportunity to provide intimacy. We selected a snack to share, fresh crab with a delicious mustard sauce. (That is no longer on the menu because of the current high cost of crab.) It was summertime so one of the specials that day was locally grown tomatoes with basil and fresh mozzarella, made by John-Gustin. Since those are some of our favorite summer foods, we chose that for lunch. We have been back to the French Hound quite a few times since that first, by chance encounter, enjoying both lunches and dinner with friends and family.

Chef John-Gustin Birkitt and his wife Marny opened this restaurant in 2006. The restaurant was formerly a fine-dining restaurant named the Astor and before that the Black Coffee Bistro.

John was born in Leesburg. (He lived in the same neighborhood as Sue Wiggins.) John-Gustin had an early interest in food and summers spent in Europe led him to pursue a career in the culinary arts. He studied at the New England Culinary Institute, worked in Napa Valley, CA, at Bouchon, Domaine Chandon and Brix Restaurant and spent a year and a half in France in 2003. When he and his wife returned to the states they decided to live in the East, closer to family and friends. While considering what to do, the opportunity opened for them to join with a local couple David and Cricket MacDonald in a business venture, owning and operating a restaurant.

That was nine years ago and the beginning of the French Hound. In January 2014 John-Gustin and Marny became parents to a baby girl they named Virginia. She is a great addition to their family as well as the restaurant's atmosphere since Virginia accompanies her parents each day they work.

The menu has French inspired bistro dishes. We've tried many of them and have never been disappointed. The menu includes the following with a listing of price ranges: six snacks (\$3-\$6.50), three salads (\$8-\$9.50), starters (\$8.50-\$14), sandwiches (\$10-\$15), three French style pizzas (\$10-\$12), six main courses (\$26-30), six desserts (\$8-\$14), soft drinks, wine, beer, and a full bar.

The snacks include French radishes sprinkled with sea salt, dry salami, spicy peanuts, marinated olives, pretzels with spicy mustard, and lamb sausage with spicy aioli. The starters consist of tomato/ fennel soup, *pâté* with celery root salad, escargots, and leg of duck confit



over lentil salad. Main courses comprise of steak frites (our sons-in-law report this was cooked to perfection and tasted delicious), salmon (flaky), pork tenderloin, roasted chicken, porcini risotto with scallops (fresh and very flavorful), paella with chicken, shrimp and chorizo.



The sandwiches are served on long baguettes with ham, shaved pork tenderloin or a BLT with salmon, accompanied by French fries that were the best I've ever had --- hot, crisp and flavorful.

The French style desserts are delicious and include pastry puffs in an ice cream sandwich, tiramisu, crepes, apple "fritters," sorbets, ice creams and artisan crafted cheeses. Nancy Lewis wrote in a Washington Post review, "The French Hound's chocolate torte is simply the best flourless chocolate cake I have ever had. It is intensely chocolate without being cloying; the texture is velvety; it's sweet without being too sweet. You'll find yourself eating the whole slice, even if you vowed you'd only have a taste. I did."

Hours of Operation: Brunch Sunday 11:30 a.m. - 2:30 p.m.; Lunch Wednesday - Sunday: 11:30 a.m. - 2:30 p.m.; Limited Menu Friday & Saturday: 2:30 p.m. - 5:30 p.m.; Dinner Tuesday - Thursday 5:30 p.m. - 9:30 p.m., Friday & Saturday 5:30 p.m. - 10:00 p.m. Reservations suggested, but not required: call 540-687-3018 or use website: <http://www.thefrenchhound.com>.

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The French Hound has wheelchair access. There is a handicapped parking space close to the main entrance. If you want to take a drive in the country, eat French cooking at a homey, locally owned restaurant, the French Hound is a good choice.

Thank you, thank you, thank you . . .

Thanks to the volunteers who man the Package Room and especially for their hard work during the holidays with the large volume of deliveries. We give a special thanks to our Package Room angel, Emil Peront, who always goes that extra mile to insure that things run smoothly.

WELCOME

Please extend a warm Riverbend Welcome to Pauline Taylor who comes to us from the Villages Retirement Community in Lady Lake, Fl. Pauline is living on the 11th floor.



PLEASE NOTE

The official notebook of the Budget & Finance Committee records has been missing from the baker's rack for two months. Please return it. Thanks you.

Ten Most Common New Year's Resolutions

1. Spend more time with family and friends.
2. Fit in fitness.
3. Tame the bulge.
4. Quit smoking.
5. Enjoy life more.
6. Quit drinking.
7. Get out of debt.
8. Learn something new.
9. Help others.
10. Get organized.

According to Forbes magazine and the Journal of Clinical Psychology, only 8% of those making resolutions achieve their goal.

The three grand essentials of happiness are: something to do; someone to love; and something to hope for.

--- Alexander Chalmers

Communications Committee

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 Board Liaison: Shirley Thorpe

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Phone: 703-724-7800 Fax: 703-724-4345
 General Manager: Monica Mizerek
 Assistant Manager: Betty Ragozine
 Building Engineer: Bryan Crosley
 Assistant Engineer: Ed Nelson

Highlights of Board of Directors Meeting December 4, 2014

LWVA Reports:

- Name change from Leisure World – LWVA Board will vote on name.
- Clubhouse is now open at 7:00 a.m. seven days a week.
- Paving project came in under budget.

Riverbend Reports:

- Condo numbers must always be visible on your door.
- Replacement reserves fully funded for 2014.
- Rules Committee will provide an easy access book for rules.
- Roof leak on 11th floor; ETC and KGS Roofing have resolved issue; work scheduled.
- Date for new fobs to be announced shortly.
- Reserve Study proposals being received for review.
- Bids for insurance coverage are coming in
- By-laws being updated; vote will probably be in January --- after presenting to residents.
- Holiday Fund to be counted and distributed by Memory Porter and Beth Schlabach.
- Committee representatives to LWVA meetings:

Activities: Jackie Levdahl

Marilyn Schwing

Budget & Finance: Charlie Nelson

Lorraine Rennert

Buildings & Grounds:

Theresa Ruddy

Bert Schlabach

Communications: Maria Kelly

Committee Recommendations:

Building Facilities:

- Leaks in roof over Unit 1101 have led to initial repair to stop leak, --- need a final decision; 1. Do nothing; 2. Replace , replace 600 sq. ft. or, 3. Replace 1800 sq. ft. of membrane.
- Provide closure for two doors, with access from parking garage to

elevator lobby during periods of activity from loading dock.

Budget & Finance

- Acquiring, through Edward Jones, two CDs, \$100,000 each at best interest rate available for 18 months and two years.

Action in Lieu:

- Appoint Joyce Moore as chairman of Rules Committee.
- Approve Charles Hedges and Bernie Katz to Budget & Finance Committee.
- Approve 2015 Budget, dated 10/30/14.
- Approve Ruth Jacoby to replace Priscilla Sammet as Treasurer; appoint Priscilla Sammet, chair of Budget & Finance Committee.
- Approve transfer of \$31,000 from United Savings Bank (from one account to another) to cover cash flow issues.

Motions:

- All, or part of, excess assessment income to move to following year's assessments.
- Each unit to receive two (2) fobs.

Meeting adjourned at 4:55 p.m.

Next meeting: January 22, 2015.

--- Shirley Thorpe
Secretary

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