



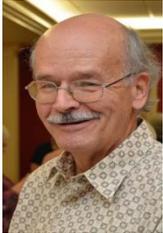
AROUND THE BEND



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June 2015



President's Corner June, 2015

Our Association is going to have to make some important decisions in the coming months related to our deteriorated roofing system. These decisions will effect our finances and every owner will be impacted by this. It is therefore important that we all pay attention to the discussions being held by your Board of Directors and the input they are receiving from the Building Facilities Committee and the Budget and Finance Committee on this problem. These committees along with the Treasurer are working with management to provide information on what financing will work best for us. The problems were brought to our attention in a report prepared by the engineering firm ETC which was tasked by your Board of Directors to analyze the roofing system due to the leaks we have been experiencing. This report is in a binder in the lobby and is available for all residents to read. Basically, the report states that the roof is in poor condition and should be replaced as soon as possible to prevent water from damaging our post-tensioned concrete roof system. We will be getting a second opinion on the roof condition when our Reserve Study contractor does his analysis starting in June. If they agree with the ETC study we will have to replace our roof which will be a difficult and expensive job. To replace the roof all 231 of our HVAC compressor units on the roof will have to be removed and replaced on platforms above the roof to allow the new roof to be installed. This work can be accomplished in the winter time so no one would be without AC during the cooling season. Please keep in mind that if your HVAC

system has not been replaced it is most likely on its last legs as the useful life of the systems is about 15 years which our original units exceed. This might be a smart time to replace the unit as you would only have to pay for the unit itself and not the removal of the old unit and installation of the new unit. The labor cost of the new unit is almost as much as the cost of the unit itself. It might also be possible to get a savings on the unit cost itself if we can buy in bulk. These are all things you should keep in mind as we move forward.

On a lighter note I wish you all a great summer.

--- Terry Wilford

President, Riverbend BOD



From The Engineer Bryan Crosley

Fluorescent Bulb Recycling:

If you have a fluorescent bulb (tube type or compact type) that needs to be disposed of, call the office to let us know and one of the engineers will pick it up from your unit.

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>.

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COMMITTEE REPORTS

Activities

Did you hear the wonderful music and singing coming from the party room the Sunday of the pot luck dinner for Parents Day? Jane Numbers played the best of the oldies songs on the piano and the wonderful words of the long remembered songs just rolled off the lips of all who attended. Jane is amazing at playing the piano and recalling all of the wonderful songs that are so dear to all of us. Thank you, Jane, for making Parents Day so special. And thanks to all who attended and brought dishes to share. The decorations followed the theme of the bygone days, highlighting pictures and items from the days of our parents and grandparents. What a thrill to see such great things from the past years.

Up-coming Events

An Ice Cream Social is planned for June 6, from 2 to 4 p.m. Donation is \$4.00 but no charge for children under 6. Watch for the poster in the lobby for all the details. At that time the sign-up sheet will be in the mail room.

July 4th will be celebrated with a Barbeque with all the trimmings. Sue Wiggins will be the hostess for this day and will make sure that we have the best barbeque in town. Save the date. There will be more details soon.

No events in August.

On September 12, a Spaghetti Dinner is planned as a fund raiser for the Volunteer Fire Department. Last year Riverbend residents exceeded the previous year's donations. Let's do it again this year by exceeding last year's donations. A fire fighter's boot will be placed outside the manager's office a few days before and after the dinner. Your donation will be your entry to the dinner. Several key persons from the fire department will also attend the dinner and will give talks on topics of interest to u. Make your donation count by being included in the grand total of September's donations. More details to come soon.

On September 27 at 7:00 p.m., art collector George Viener will present a talk and slide show on pottery. George and Watch for more detailed information before this presentation. This promises to be a very interesting event.

An International Day Pot Luck will be held on October 4.. Last year this event was enjoyed by all who attended and several asked to have the International Day again this year. As plans are made, more information will be in the newsletter. It will be exciting with great food and entertainment. Add the date to your calendar, now.

Judy Phillips is now the committee co-chair with me. I would like to thank Judy for assisting all of the committee so willingly. And a big thank you to the members of the committee for their hard work on all events. And to Jackie and Ginny who take care of movie night popcorn and drinks. . . thanks for all that you do. Thanks to all of the residents who make our job rewarding.

*Cathy Black
Co-Chair*



Bunco Has Moved

The first Saturday of the month Bunco has been moved to the first Friday of the month at 7 p.m. We are inviting all who would like to play or learn to play to join in. Come and play to see if you would enjoy the game. Typically, Bunco is played with dice and has 12 players at 3 tables. . . 4 at each table. However, a game could have several tables arranged to accommodate more players. There is a \$5 fee for a few hours of fun. All monies are given back to the players in several different "win" categories. Do come and join in the fun and make new friends. See you at the Bunco tables.

Community Services

Senior Citizen Transportation Options

Approximately a year ago, transportation options for senior citizens were listed in this column. Among the options listed were the Lansdowne Woods shuttle bus, private taxi services which discount senior citizen fares (i.e. Yellow Cab - [703-437-9100](tel:703-437-9100); United Cab - [703-777-7999](tel:703-777-7999)), and Virginia Regional Transit (VRT) transportation services for eligible participants under the Americans with Disabilities Act (ADA). The ADA guarantees that all people with disabilities due to health related issues such as those that reduce mobility, endurance, vision, etc. have the same access to public transportation as people without disabilities.

Since the fall of 2014, Loudoun County Transit (instead of VRT) has been responsible for



overseeing paratransit services (i.e. special transportation for people with disabilities) in Leesburg and throughout eastern urban Loudoun County for those who are unable to use or access

public transportation. Loudoun County's paratransit shuttle buses display Loudoun County Transit logos and signify "ADA Transit" in lighted letters. Certification for eligibility to use the Loudoun County ADA Paratransit Service is facilitated for Loudoun County Transit by "ADARide," a company whose goal is to ensure that all those who are eligible for paratransit receive it in a timely and professional manner. For additional information and to complete an online application, go to: www.adaride.com or to have a paper application mailed to you, call: [877-232-7433](tel:877-232-7433) (Monday - Friday, 8 a.m. - 4 p.m. PST). Once a prospective rider has completed an application form, a health care professional of his choice (e.g. physician, rehabilitation therapist, social worker, etc.) will need to provide information supporting the application. Paratransit eligibility is based on one's functional ability rather than based on a medical diagnosis, per se. Once eligibility for

the service has been established, a ride to and from a medical or business appointment or a pleasurable outing, shopping, etc. can be scheduled up to 5 days in advance by calling: [571-258-3464](tel:571-258-3464) or [703-729-8252](tel:703-729-8252). Curb to curb rides are available weekdays, at \$2 each way.

One of our Riverbend residents, Dan Lyons, has been putting the Loudoun County Paratransit Service to good use. He had been "depending on the Lansdowne Woods shuttle bus for shopping, doctors' appointments and entertainment." He became aware of the Loudoun County Paratransit Service when he saw one of its Loudoun County Transit shuttle buses stop at Riverbend. He said that he schedules transportation 24 hours in advance of his appointment and that he needs to be flexible about pick-up times because the paratransit shuttle bus, a shared ride service, may be picking up and dropping off other passengers traveling in the same general direction. Dan said that he is very pleased with the paratransit service. He offered to provide more information about his paratransit experience and to help walk someone through the application process. Dan can be contacted at: [571-334-5340](tel:571-334-5340). Sincere thanks to Dan for wanting other Riverbend residents to be aware of and benefit from the Loudoun County ADA Paratransit Service.

Trash Away

Our trash collector, Trash Away, considers itself an innovator in collecting and removing trash. It urges its clients to recycle to comply with the law, and because recycling helps prevent the waste of potentially useful materials, reduces the consumption of raw materials, and "reduces the energy usage and greenhouse gas emissions compared to virgin production." The two recycling



containers in the Riverbend refuse rooms, i.e. one bin for commingled material (clearly specified in signage above its bin) and another bin for mixed paper (clearly specified in signage above its bin), are emptied routinely by

our housekeeping staff. The comingled materials
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remain in the clear plastic trash can liners, and the mixed papers are put into piles which are tied together with twine. The clear plastic bags of commingled materials and the piles of mixed paper are then brought to our loading dock, along with flattened cardboard cartons, for subsequent pick up and recycling by Trash Away. Items that are left on



the refuge room shelf because they are not appropriate for the recycling bins or for the trash chute (as specified in trash room rules posted above the chute) are put into black trash bags and left at the loading dock for pick up by Trash Away. For additional information about recycling, the

following are among informative websites which Trash Away suggests: earth911.com, epa.gov/recycle, and plasticsindustry.org.

--- Anita Zatz

Highlights of BOD Meeting May 4, 2015

- The Reserve Study project will begin in early June.
- HVAC service is scheduled for May 18 – 22.
- Bryan Crosley is working with PSE to schedule balcony caulking.
- Our Ready Reference Rule Book has been approved by the BOD. Two copies will be on the rack in the lobby
- Judy Phillips was approved as co-chair of Activities Committee.
- Approval was given for \$15,000 to be invested in CDs at the best available rates. Edward Jones handles this.
- Our HVAC service will be done by M E Flow, rather than ARS. After reviewing contract, BOD will approve this change.

---Shirley Thorpe
Secretary, BOD

Fitness Challenge 2015

It is hard to believe that as you read this report, the Fitness Challenge will be approaching its final two-week period. I hope you are feeling more fit and alert, perhaps even a couple of pounds lighter.

The Awards Ceremony will be held on Friday, July 10, in the Monroe Auditorium at 2 p.m. In addition to prizes for winners from each building and the over-all campus, a random drawing for Challenge participants will be held for prizes. Entertainment and refreshments will also be provided.

Please try to attend to cheer the Challenge winners and also to applaud Jane Nash for all her time and efforts, not only for the Fitness Challenge, but for her concern for the health and well-being of the residents of Lansdowne Woods.

--- Jackie Lev Dahl

Riverb



Have You Seen the Missing Cart?

The office reports that one of the Riverbend bellman's carts has been missing for several weeks. If you have any information about the whereabouts of the cart, please notify the office.





The Adventurous Eater

Let's start to explore the restaurant scene in OneLoudoun. My personal favorite is Nando's Peri-Peri, a grilled chicken chain ubiquitous in South Africa. Peri-Peri is a spicy Portuguese sauce used for marinating and basting meat and vegetables before grilling. There are a few Nando's in the Washington area, and, instead of driving to Pentagon City, we have one right here!

Nando's is full of African art, music, and décor. The vibe is funky and fun. You place your order and pay at the counter, after you decide how spicy hot you want your food. "Medium" is quite enough spice for me. Lemon & Herb, or Mango & Lime are flavorful options if you don't want the heat. You get a little stand to put on your table, and the food is delivered to you when it's ready. When it's busy, we stake out a table before we order.

Nando's is famous for its chicken – marinated in Peri-Peri for 24 hours then flame grilled to order. Choices include: butterflied breasts, quarters, halves, whole, wings, chicken salads, chicken on salads, chicken sandwiches, wraps, and chicken livers. Don't feel like chicken? The rib-eye steak sandwich should satisfy any beef eaters. The vegetarian options are particularly interesting – like butternut squash and couscous salad, hummus with Peri-Peri drizzle, Mediterranean salad, Portobello and halloumi wrap, roasted veggie wrap, and a veggie burger.

Nando's "sides" go from the expected (fries, mashed potatoes, side salad, coleslaw) to the unusual (mashed peas with parsley and mint, butternut squash and corn with dried cranberries, cucumber and pickled onion salad with poppy seed dressing).



There is always something new on the menu. Recently it was a chicken salad with dates, toasted almonds, goat cheese, and greens with honey vinaigrette. Nando's is definitely child-friendly. The self-serve soda machine has an endless number of choices and combinations. The children's menu (\$5.25) includes self-serve bottomless frozen yogurt for dessert. There is even a heart-shaped sink to wash all the sauce off your hands. Sauces and salad dressings are also self-serve; bring sauces to your table and pour it on! Most meals run from \$7 to \$15 depending on the number of sides. Check out Nando's Peri-Peri at OneLoudoun, [703 858-4200](tel:7038584200), every day from 11 a.m. to 10 p.m., 11 p.m. on Friday and Saturday nights.



--- Judy Kory

Dates to Remember

- Friday, May 29 – Tuesday, June 2 --- Screen removal.
- Thursday, June 4 – Friday, June 5 --- Window washing (weather permitting.)
- Friday, June 5 --- Bunco, 7 p.m.
- Saturday, June 6 --- Ice Cream Social, 2 – 4 p.m.
- Monday, June 8 – Wednesday, June 10 --- Screen replacement.
- Sunday, June 14 --- Flag Day.
- Thursday, June 18 --- Ramadan begins.
- Thursday, June 18 --- Deadline, *Around the Bend*
- Sunday, June 21 --- SUMMER begins!
- Sunday, June 21 --- Father's Day.
- Thursday, June 25 --- BOD Meeting.

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

Remember to visit our web site at www.riverbend@lwva.org.



Management Corner
Monica Mizerek

It's been a pretty busy spring for Riverbend: HVAC cleaning, window washing, garage power washing, carpet cleaning and a presentation by the engineer group, ETC. The shredding Event went well. We thank Mr. Bob Christy, Mr. Lewis Nissen, and Ms. Bobbi Brennan for their good humor and hands-on help with this project though!

Unfortunately, I need to bring to your attention that another resident received a "HELP" call from her grandson. However, it was a SCAM!!!! Fortunately, we alerted her to previous scam calls and she did not give up any money. The Sheriff came by and addressed the issue. A follow-up visit was made by the Sherriff's Office to the Management office. The Sherriff will be back to visit us at the June BOD meeting to discuss these and other issues of interest to all of our community. Additionally, I must report that a number of residents have raised issues and concerns related to or have requested the website address of the Virginia State Police's Sex Offender Registry. The website address is:

www.sexoffender.vsp.state.va.us

. Do you have a delivery or serviceman coming? If so, please call the office and get on the freight elevator calendar. We all thank you!

Father's Day- - June 21

The inspiration for Father's Day was Mother's Day. In the early 20th century, Sonora Smart Dodd from Spokane, WA was listening to a Mother's Day sermon and thought that fathers deserved some recognition also. Her father had raised his six children after the death of his wife, their mother in 1898. Sonora began working with local churches and groups to promote the holiday. She chose the third Sunday in June and instead of a carnation (as for Mother's Day), said that everyone should wear a red rose to honor fathers. The first Father's Day observances took place in churches and were similar to those on Mother's Day.



The idea did not catch on and by 1920 Father's Day observances were practically nil. But, in 1938, the National Council for the Promotion of Father's Day was formed and organized by the Associated Men's Wear Retailers of New York City. The goal of the group was to promote Father's Day and their slogan was . . . wait for it . . . "Give Dad Something to Wear!" Aggressive advertising brought the holiday back to the public eye and retailers were delighted as sales soared.

President Calvin Coolidge recommended Father's Day be an official observance as early as 1924 but it wasn't until almost 50 years later that Richard Nixon signed a proclamation designating the third Sunday in June as Father's Day.

The rose has remained a symbol of the holiday . . . wearing a white rose for a father who has died and a red rose for a father who is still living. And guess what is a more well-known symbol of Father's Day. The tie has become the traditional and classic gift for Dad.

Happy Father's Day to all you dads. . . wear your ties proudly!



A View of Gardens of Riverbend



Jerry and Ginger Lindsey's lovely flower garden.



Sue Merk tends the community herb garden.



Charlie Hedges' monarch butterfly garden.



Leng Kang's garden.

These photographs were taken by Bert and Beth Schlabach who tend five garden plots. Their gardens include native plants, shade-loving species as well as sun-loving vegetables.

The produce and flowers grown in these plots are owned by the gardeners who are renting the space and tending the plants. Please **do not** help yourself to any flowers or vegetables. The sole exception is the herb garden which is available to all residents. You will find scissors available in the herb garden to aid in your harvesting of the herbs growing there.

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