



AROUND THE BEND



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March 2015

Your Riverbend Bylaws 2015

The process of proposing amendments to the Riverbend Bylaws which began in the final days of June, 2014, went through numerous drafts, underwent legal cleansing, was presented at six resident meetings, and finally, in the latter part of January, 2015, was set up for balloting. After this, residents signed for their papers and letters were mailed to non-resident owners and a few “away on extended vacation.” Residents were called to remind them to pick up their ballots. There were some residents who, due to infirmity, a stay in hospital or rehab, etc. did not receive ballots. The ballot count is underway and results will be announced at a later date.

Regardless of the outcome, this exercise has, I believe, enlightened many of us re: the meaning of some of our Bylaws. It has heightened interest in these documents to the extent that there are a number of suggestions for additional changes in our Bylaws. These, however, need to be considered some time in the future when the current dust has settled, and when we all have had even more time to follow our renewed interest in our policies. Then, recommendations can be considered. Bylaws are not cast in cement; new problems may arise which demand change. Clarification and additions may be helpful to our ever active Association. For those of you who already have voiced good ideas, please put them in writing. The BOD can keep a folder marked “Consideration for Bylaw adjustments 2015” until we are ready to tackle them. The goal is always for improvement --- to take the long view to establish whatever is best for all Riverbend residents.

Would these make good bedtime reading? Whatever. Let’s keep studying our Docs to see that they clearly express policies for governing Riverbend for now and times to come.

--- M.A. Blatt

Strategic Planning Group

Our LWVA Board of Directors has formed a Strategic Planning Group. The Group is currently made up of one representative from each of the five condo Associations. These representatives are: for Riverbend – Bert Schlabach , for Blue Ridge – Ray Beery, for Potomac Ridge – Carmen Ross, for Riverview – Lucy Keller and for The Magnolias – Blanch Gelebert.

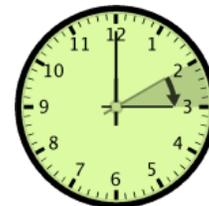
The newly formed Strategic Planning Group held its first meeting on February 19, 2015. Open meetings will be held every first and third Thursday of each month beginning on Thursday, March 5, at 3:30 p.m. at the Clubhouse.

Our Strategic Planning Group was created to develop a long term strategic plan designed to promote the value of Lansdowne Woods for our current residents as well as future residents. Residents with strategic planning experience who are interested in assisting with a strategic planning session should contact chairperson Lucy Keller at 703-726-8906 or lucyk@comcast.net.

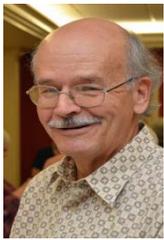
Please feel free to contact your representative with any thoughts, questions or concerns. For Riverbend – Bert Schlabach , 571-218-0780 or bertschlabach@gmail.com.

--- Bert Schlabach

**REMEMBER TO
SPRING FORWARD!**



**DAYLIGHT SAVING TIME
MARCH 8, 2015**



**President’s Corner
March, 2015**

So far, this winter seems to have been colder than I remember. It couldn’t be because maybe I am a little older and my blood has thinned. This is the time of year that you should be looking out for your neighbors and assuring that they are weathering the weather in a safe manner.

This last week I have been babysitting my grandchildren in their own home so that their parents could escape some of the cold. Grandchildren are great fun, especially when they have to go to school so you can get a rest.

Our building staff has been doing a great job of keeping our walks as safe as possible during the snow and cold. They are also working to get our new security system installed and working. You will be getting a paper shortly that will explain what has transpired to date and when and how the system will work. I am sorry for any confusion this project has caused our residents. Sometimes change is difficult but it will make our building a safer place to live.

I think we all hope that spring is just around the corner.

- reactivating handicap access from the patio to the party room
- installing new movement sensors at the interior loading dock doors (Engineers’ office)
- connection of fob reader at loading dock door (exterior)
- installing cameras located at the loading dock door
- removing “common key” accessibility to all incoming doors.

Your common key will CONTINUE to open the storage room doors (no change.) Contractors access is still provided by the Front Gate in coordination with the Engineers’ office.

Please look for posted signs reminding you of the date to start using the “new fob”. Those of you still needing to register for a fob and the census, please call the office. The Contractor does expect your new fobs to work on March 4, 2015. Again, notices will be posted reminding you to carry your new fob.

Remember, if you are at the front lobby door and do not have your fob, please contact the GATE by pushing 000 on the directory. The gate will be prompted to provide you access.

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, bumps in the acquaintance period. In no time it will be seamless access for everyone.

One last note, the project is expected to be complete by March 27, 2015.



**Management Corner
Monica Mizerek**

As March comes plowing through, it looks like at long

last we can confirm start date for your new Control Access System.

The contractor, ESSI will start on Monday, March 2. The project includes:

- installing a control computer in the Engineers’ office and
- providing coordinating software in the Management office ,
- installing new fob readers
- installation of a coordinated electronic directory at the front lobby

**From The Engineer
Bryan Crosley**

This bears repeating. . .

**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 it down.

COMMITTEE REPORTS

Activities Committee

This month in *Around the Bend*, we have inserted a survey from the Activities Committee. Please take the time to read and complete this survey and help us plan the events you would like to enjoy. All information the committee receives will be considered. It will be helpful if you return your completed survey by March 10. Drop it in the suggestion box in front of the manager's office. Your help is greatly appreciated.

February was a great month with a Mix & Mingle and the Reception for New Residents. Thanks to Sue Wiggins and Committee members for their hard work. The Sweet Sensations evening of dessert was a perfect ending to Valentine's Weekend.

On March 6, at 7 p.m., Bert Schlabach will give a presentation on "Yellowstone National Park." Last summer, Bert and his wife Beth traveled cross-country and visited many interesting places during their tour. One of these was Yellowstone National Park. We look forward to seeing its beauty and splendor in the pictures that will be shared through Bert's presentation. Light refreshments will be served.



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On March 18, we will celebrate St. Patrick's Day with a Baked Potato Luncheon to be held from 11:30 a.m. to 1:00 p.m. The menu will consist of baked potato with a variety of toppings, green salad, dessert and beverage. Watch for the sign-up sheet in the mail room and, as always, our reminder poster with all of the details.



We appreciate the enthusiastic efforts of Paula Gomez whose movie selections are greatly enjoyed. Look for Paula's poster in the lobby with all of the details for the next movie.

Plans for the April and May events are now under way. High Tea and a celebration for Mother's Day and Father's Day are some of the events that the committee is discussing. Watch for details of additional events that will be added to the calendar.

All daily party room activities are listed on the Riverbend monthly calendar along with Bunco and Bingo on Saturdays. Learn to play Bunco by playing the game. Bring neighbors and friends and enjoy an afternoon of fun. Bunco is \$5 and Bingo is \$1.50 a card --- all monies for both games are given back to players as prizes. Watch for the sign for each event. Let the fun begin. . . see you soon.

--- Cathy Black
Co-Chair

Rules Committee

The Riverbend Board of Directors (BOD) and the Riverbend Rules Committee (RRC) have made the Riverbend Rules Ready Reference available to you in the lobby. As each Board member examines these, you will find their approval (or comment) attached. Our recent meeting was a planning session for the completion of recommendations to the BOD for this ready reference. We look forward to considering your rules concerns for recommendation to the BOD.

It has been brought to our attention that the mail room is experiencing traffic jams and other difficulties! We are considering the following for recommendation to the BOD:

- Relocate the recycle bin located near the wooden shelves elsewhere as it interferes with mail room traffic.
- Request residents sort their mail in their units to alleviate any clutter on the mail room table.
- Use the mailroom table for activity and management announcements together with sign-up sheets and pens for signing activity sheets only.

Look for the complete recommendation in the Rules Ready Reference. Our next meeting will be March 9, 2015 at 11:00 a.m. We invite you to join us for as little or as much time as is convenient for you.

--- Joyce Moore
Chair



The Adventurous Eater
Judy Kory

The very closest restaurant to us is in our own private clubhouse. La Pergola serves lunch Wednesday through Saturday, dinner Tuesday through Saturday, and brunch on Sunday. The name and décor suggest an Italian theme, while the menu is varied with mostly American selections. Vegetarian and gluten-free items are marked on the menu, and the staff is happy to accommodate special requests. For example, salad dressing was served on the side, and my main dish came with double vegetables in lieu of potatoes as requested. Sales tax and a 15% tip are added to each check.



The lunch menu includes soups, salads, hot and cold sandwiches, and a few main courses. Most sandwiches come with French fries or homemade coleslaw, and cost from \$8 to \$10. Main courses include Vegetable Ravioli (\$12); Lasagne (\$13); Chicken Parmigiana (\$14); and \$15 for the Cobb Salad with grilled shrimp. Recently, I enjoyed a generous mixed green salad (\$5) and the grilled fish of the day (\$14). It was nicely seasoned, cooked to perfection, melt-in-your-mouth tender. George Viener had the tuna melt sandwich of the day with coleslaw and declared it, "Delicious!" The Pergola Burger was served on a huge Kaiser roll surrounded by a generous portion of French fries. There is a nice assortment of desserts; the cappuccino was delicious, and a full bar is always available.



Dinner at La Pergola is lovely with candles on the tables, an expanded menu, and a relaxed atmosphere. Warm aromatic bread arrives first with butter. Olive oil is also on the table if you prefer. Appetizers (\$6 to \$12) include not only the traditional shrimp cocktail, but also a butternut salad with walnuts, avocado with marinated baby

shrimp, smoked salmon with capers, or a fresh fruit plate with coconut and pistachio. Beet salad with Gorgonzola is a nice addition to the salad menu. Six pasta dishes are offered (\$12 to \$15), including gluten-free spaghetti with chicken in a marinara sauce (\$12). A dozen main dishes include salmon, trout, shrimp, crab cakes, steak, beef medallions, veal scaloppini prepared two ways, two chicken dishes, and the Pergola Burger. With such variety you are sure to find something to enjoy. I recently ordered the New York strip steak.



It was very flavorful, and I found the wine sauce served on the side was quite unnecessary. The meat came out closer to "medium" rather than "medium rare," so you might request it undercooked a bit. On the other hand, delicious lamb chops were ordered "medium rare" and they came out "rare" instead.

The dessert menu is also expanded at dinner. Tiramisu is homemade; crème brulee and Key lime cheesecake are two of the added options. I appreciate that coffee, espresso and cappuccino are all offered as either regular or decaffeinated. A wide selection of delicious wines and cocktails are available. A friend had the Irish coffee, piled with whipped cream and a green mint drizzle. What a beautiful work of art, and a great idea for St. Patrick's Day!

Wednesdays and Fridays are "Happy Hour" evenings from 4:30 until 6:30. Wednesday is also sing-along night, which is always great fun. Brunch is served on Sunday starting at 11 am. Reservations are strongly encouraged, especially Wednesdays, or whenever there is a special event, or when the liver and onions special is offered.

Why don't you join your fellow Riverbend neighbors on the second Saturday of the month with the Dinner Club and give La Pergola a try? Lois Plouffe decorates the dinner tables, and we always have a great time. Or come to Lunch Group on the last Friday of the month. Sign up in the mail room. See you at the Clubhouse!

COMMUNITY SERVICES

Senior Citizen Scams, Part 2: Telephone and Email Frauds:



Tax Scam: The Loudoun County Sheriff's office recommends that we all be aware of potential tax scams at this time of year. These scammers use intimidating tactics and threats of arrest and imprisonment. The

caller, claiming to be with the IRS, the Treasurer's Office, or with Loudoun County, tells taxpayers that their tax payments are overdue, and then asks for personal information or for payment of the bill using a preloaded debit card. If a call sounds suspicious, it can be verified as an official IRS call by contacting an IRS Taxpayer Advocate at 804-916-3501 or toll free at 1-877-777-4778. For tax scams related to Virginia or Loudoun County taxes, contact the VA Treasurer's office at 703-777-0660 or the Loudoun County Sheriff's office non-emergency number at 703-777-1021.

Other common telephone and email frauds include the following:

* **Computer Crash Scam:** A caller states that your computer is going to crash because it has a virus, and offers to fix it for a fee.

* **Family Member / Friend in Trouble Scam:** A call or email is received advising that a family member or a friend is sick or in jail and money is necessary to help them.

* **Medical Equipment Fraud:** Equipment manufacturers call to offer "free" products. Individuals are then charged for products that are not needed and / or are not delivered.

* **Phishing:** Email is sent which appears to be from an established, legitimate business in an attempt to dupe the recipient into providing personal information after the user is directed to a specified website. However, the website is not legitimate and was set up only to steal the user's personal information.

Some general tips to help prevent being the victim of telephone and email fraud are the following:

*Don't give out personal information (social security numbers, credit card numbers, etc.) over

the phone, mail or the internet unless you know who you are dealing with.

*Never click on the link provided in an email if you don't know the sender. It may contain a virus that can contaminate your computer.

*Don't be intimidated by an email or caller who suggests dire consequences if you don't immediately provide or verify personal information.

*Ask for and wait until you receive written material about any offer or charity.

--- Anita Zatz

Howard Hughes Medical Institute's Janelia Research Campus Update:

A team of researchers from the Howard Hughes Medical Institute's Janelia Research Campus recently won first prize in the 2014 Olympus BioScapes Digital Imaging Competition for outstanding images of life science



subjects captured through light microscopes. The prize winning entry of scientists, Fernando Amat, Philipp Keller and William Lemon, was a video that captures the early development of a fruit fly embryo. Their movie is a compilation of a million images captured over about 20 hours using a microscope developed by Philipp Keller's lab. Two months prior to their winning this international competition, Janelia Research Campus's physicist, Eric Betzig, won the Nobel Prize in Chemistry (as previously reported in a Community Services column).

--- Anita Zata

WELCOME

We extend a warm Riverbend Welcome to new Third Floor resident, Olga Ricciardi, from Sterling, VA.



Volunteers Needed March 20

The Stop Hunger Now food packaging event is March 20, 2015. The community needs about 80 to 120 volunteers to package food and help on packaging day. The event will begin at 9:00 a.m. in the auditorium. The Stop Hunger Now staff will begin by training everyone who volunteers.

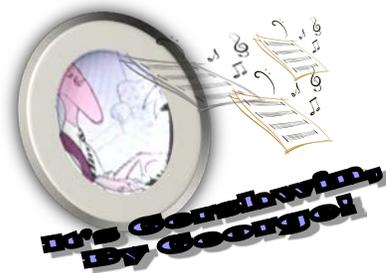
The actual packaging will take about two and a half to three hours. Relief will be available for anyone who becomes tired. Lunch will be served afterward.

Volunteers, please sign up at the front desk, or Sunday mornings at the Chapel at Leisure World.

“So much fun” is the way volunteers from prior packaging events describe the day.

Over \$7000.00 has been contributed so far, and with continued support, we can reach the \$8,700 necessary to purchase food for 30,000 meals. In any case, volunteers will package as many meals as the contributions will allow.

For additional information, call Ann Hazard at 703-858-4345, Nan Cattell at 703-723-7779 or Bob Kellner at 703-729-2099.



The Entertainers of Lansdowne Woods, shown here, are hard at work rehearsing the many songs, acts and choreography for the April play. This year, It's Gershwin, By George! a musical comedy, written by Rose Pryor, Ann Hazard and Carol Cutrona.



As in previous years, many residents of Riverbend will participate in this year's spring show: Janice Butts, Carol Cutrona, Roland Dionne, Mena McGrosky, Alan McMaster, Judy Philips, Bert & Beth Schlabach, Sharon Schuble, Terry Wilford. Carol is one of the writers, a main character and coach for actors as they try to perfect their performance. Mena, Alan, Sharon and Terry are main characters busy learning their lines. Bert and Alan are working on skits. Janice, Roland, Beth and all the other cast members are practicing Gershwin tunes and choreography. Sharon and Judy are tappers and Judy will assist in the dressing room. Beth is writing ads and photographing practice sessions as she coordinates publicity for the play

The play will be performed April 29 through May 2. Tickets will go on sale April 1. For more information see the March Connector or call Nancy Knauer at 571-233-5867.
 --- Beth Schlabach

Communications Committee
Chairman/Editor: Virginia Laughlin Layout/Production: Virginia Laughlin & Barbara Bracebridge Editorial Staff: Cecilia Frenkel, Maria Kelly, Bernie Nakamura, Beth Schlabach, Bonnie Wohlford and Anita Zatz Distribution: Marge DeSimone, Bobbie Brennan, Elyn Chace, Bea Childs, Lorraine Eiermann, Cecilia Frenkel, Maria Kelly, Jackie Lev Dahl, Judy Martinowsky, Ann Robinson, Pat Scheffel, Betty Simmons & Peg Ware Board Liaison: Shirley Thorpe

Management Staff
Phone: 703-724-7800 Fax: 703-724-4345 General Manager: Monica Mizerek Assistant Manager: Betty Ragozine Building Engineer: Bryan Crosley Assistant Engineer: Ed 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://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 Board of Directors Meeting January 29, 2015

LWVA Reports

General Manager --- Bill Reynolds

Although our name has been changed to Lansdowne Woods, our legal name is still Leisure World of Virginia.

Development: the first row of townhouses will soon be completed and will become the sales office; the present sales office will be transformed into seven condo units by mid-summer. Assisted living should be built by the end of 2015.

Communications Committee --- Gini Laughlin for Maria Kelly

Newsletters will be collected from each building and put in a Riverbend folder in lobby.

Restaurant Advisory Committee --- Judy Kory

Goals will be to improve numbers at La Pergola and to find a new group to manage the restaurant.

Riverbend Committee Reports

Activities – Cathy Black

A survey will go to all residents to ask for suggestions for future activities.

Building Facilities --- Charles Nelson

Three Reserve Study proposals were received for recommendation to BOD. Emergency power back-up will be in place for the new control access system.

Rules --- Joyce Moore

New Rules booklet will be distributed electronically and a copy will be on the rack in the lobby.

Manager --- Monica Mizerek

Elevator has had levelling problems since December 5. Now repaired by Otis.

Residents will receive ample notice when new fobs will need to be issued.

New 2015 Insurance Certificate is in office.

Building Engineer --- Bryan Crosley

Twenty-two In-Services this month and twenty-six deliveries and contractors

President BOD--- Terry Wilford

CAI Convention, March 7.

Treasurer --- Ruth Jacoby

Representative from Federal Reserve will speak at our next BOD meeting.

Old Business

Results of voting on By-law amendments will be reported after counting is completed.

New Business

Appreciation Certificates to be presented to outgoing BOD members Memory Porter and George Viener.

Upon suggestion of our auditor and others, along with a back-up study going back to 2007, a motion was carried to reimburse Operating and Operating Reserves accounts from Replacement Reserves.

Other motions, which were unanimously approved:

Approve and accept audit.

Appoint Themis Jamaspian and Cathy Black as co-chairs of Activities Committee.

Approve action-in-lieu re: Building Insurance.

The next meeting will be on February 26, 2015.

--- Shirley Thorpe, Secretary



Riverbend Dinner Club
Saturday, March 21
5:30 Cocktails
6:00 Seating
La Pergola

We are postponing our Saturday dinner one week (third Saturday) to accommodate a wedding reception being catered by the restaurant.

We are pleased to welcome new resident and long time neighbors who are interested in friendly conversation and good food.

The sign-up sheet will be in the mailroom during the week of March 16 – 21.

Please join us!

--- Lois Plouffe & Dolor3s Heck