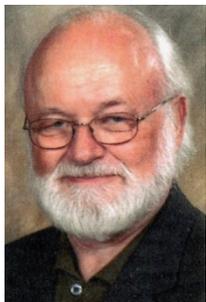




AROUND THE BEND



President's Message November 2016

November is one of those months when you can say, "If you don't like the weather just wait a minute!"

October, November and December are the months when we look at the many projects not yet completed and the remaining funds in our budget. So, we are now scrambling to complete the projects our remaining funds will permit. All this before the end of the year. Go! Go! Go! If our staff and I seem a little distracted, it is because so much is happening at almost the same time. Here is the status of a few of those projects.

Our Roof Project Status

Our Riverbend Roof Project Working Group will schedule a meeting in November. We have asked for some changes and additions to our Bid Package. FEA has made those modifications and sent the documents back to us for review. Sandy and I have reviewed the documents and have asked FEA for the list of prospective roofing contractors and their Bona Fides for this kind of project. We are anticipating that the bid package will go out on November 15 as scheduled.

Replacing Our Common Area HVAC Units

We are still working with ME Flow to bring a Carrier Inc. representative and engineer to meet with us to discuss the state of the art of HVAC units that will serve our building's common area HVAC needs. How do they work? How efficient are they? What will be their costs? And, what is the anticipated pay back in terms of energy efficiency?

We are hopeful that this can happen at our November meeting.

Our individual Unit's AC replacement

We have had a very good response from all home owners who want to take advantage of the savings from ME Flow's bulk purchase of air conditioning units. We hope that many more of you will take advantage of this exceptional offer. ME Flow will be contacting all unit owners who are interested in upgrading your AC unit at the specially discounted prices. We are also scheduling an evening presentation by ME Flow for those of you who couldn't make it to our earlier daytime presentation, and for those of you who may have additional questions. Also, we are scheduling two days when ME Flow will be here to make a contract with everyone wanting to buy a new air-conditioning unit and/or a new furnace. Please watch for the scheduled dates and then go to the office to schedule your contract appointment time.

Proposed By-Law Amendments Update

As you know, we have been trying for months to get enough votes to approve two By-Law changes. We need to have 67% of the owners to vote yes to approve a By-Law amendment. The By-Law amendment to approve using a Resale Transfer Fee to enhance our income every year, passed with a total vote of 68.35%. Yea!

We are still short of enough votes to approve the By-Law change that would allow us to include internet service as a bulk service in our Riverbend community. Currently 63.59% have voted yes. We need approximately 18 additional yes votes to approve this amenity. The board highly encourages enough additional positive votes to pass this By-Law amendment as well. Even if we don't make internet service a bulk service for a couple years, we feel it is very important to have it available as an option. We know that virtually all new residents are

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internet users, so we know that if it doesn't get approved this time, we will want to do it again in a couple of years. Doing a By-Law amendment is very time consuming for staff and your BOD and, at about \$2,500, it is quite expensive as well. It would be a shame to not succeed to approve this change now and instead, need to try again in a couple of years. Please vote yes!

Kitchen & Bath Supply Valves Project

This project is on schedule to occur sometime in January and February. We now have the prices for all elements of this project. Come to the office so we can calculate your total and receive your 20% down payment.

Our 2017 Riverbend Budget

Our Budget & Finance committee is led by Carole Meals who did a wonderful job presenting our 2017 budget via Power Point graphs and high-lighted points of interest.

Now that we have approved the Resale Transfer Fee, we are able to increase our estimated association income by \$13,000 which resulted in reducing the increase in our monthly assessments from 2.83% to 2.19%. This is significant, so thanks to all who voted to approve this amendment.

Thoughts and Comments

Our Budget & Finance committee has been searching for additional members. At this last BOD meeting we approved four new members for the committee: Tom Jordan, Gini Laughlin, Jim Parish and Beth Schlabach. Thanks to these new members, the committee is now fully staffed.

We are so grateful to all you volunteers, no matter how you are serving. Your role is key to the continued success of our Riverbend community.

As always, feel free to sit in on any and all committee meetings. An audience always makes our meetings more meaningful!

--- Bert Schlabach – President, Riverbend BOD

Veterans Day



Veterans Day is celebrated on November 11. The armistice that ended World War I was signed on the 11th hour, 11th day of the 11th month in 1918. Originally known as Armistice Day, it is now called Veterans Day in the United States to honor our nation's veterans. It is not a day of mourning, but a day of celebration and honor. Therefore, the US flag is not flown at half-staff. (The flag is flown at half-staff from dawn until noon on Memorial Day.)

The Lansdowne Woods Veterans Day Ceremony will be held on Friday, November 11, 10:00 a.m. in the Monroe Auditorium. The theme of the celebration will be to "thank and welcome home" all veterans who served in-country in Vietnam and returned home during a time of unrest in the U.S.

--- Bob Nakamura

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.



Management Corner
Sandy Swarr

Corridor Ventilation System

During flyer and newsletter delivery, it has been noted that many residents have blocked the air gap under the unit door. Please know that this practice is a violation of the Association Bylaws. Below is an explanation as to why this is a violation.

The corridor ventilation system is only part of the overall air management system for the building. For both **fire safety** and aesthetic reasons, high rise buildings should have a “positive” air pressure (greater pressure in the corridors than in the units) so that **smoke** or **cooking odors** are kept within the units. To maintain the “positive” air pressure, rooftop corridor supply fans force outside air into the corridor air handling system. The outside air is filtered, tempered (heated and cooled) to acceptable levels and supplied to the corridors. This air then passes into the units under and around the unit entrance doors and supplies make-up air to the unit. The air is then exhausted through the kitchen and bathroom ventilation systems. Airborne dust may be deposited at the unit corridor door openings as the air passes through. If the air entry into the unit is restricted or the air balance is disrupted, then the effectiveness of the system is reduced; therefore, the Bylaws **prohibit** a unit owner from interfering with the airflow through the unit entry door.

Bulletin Boards

Procedures for approving, posting, monitoring and removing information on the three cork bulletin board in the garage entrance/exit areas:

All announcements from residents must be submitted to the Management Office for approval and posting.

If sufficient space is not available, management determines the priority of announcements.

All announcements submitted to Management or posted by residents must include the date posted and the name and telephone number of a resident who is the designated contact.

Notices of items for sale may be posted for up to two weeks. After one week off the board, they may be posted for an additional two weeks. All notices are to be removed by the responsible party as soon as the time limit expires.

Size limit: 8 ½ x 5 ½ inches for announcements and 6 x 4 for items for sale.

From the Engineer

Bryan Crosley



A Reminder:

When you need assistance, please go through the office first. Management can decide if you need a Building Engineer.

“If you’re at the end of your rope, tie a knot and hang on.”

--- Abraham Lincoln



Happy Thanksgiving!

From your Riverbend Staff!

COMMITTEE REPORTS

Activities

I am looking forward, as are all of you, to a beautiful fall season. The color on the trees and foliage are truly works of art. It makes me happy to be able to walk the woods around our home here at Lansdowne Woods and enjoy nature. This is a great time for all to be out of doors and take in the wonderful scenery and fresh air.

If you missed the posting that was in the lobby and the elevators regarding on the final accounting of the Ashburn Fire and Rescue Department fundraiser that took place in September, the total was \$7,116.00. This included the donations for the book on the history of the Ashburn Fire Department. Thanks to Mike Schneck for his determination to collect the donations to purchase the book for all of us to enjoy. The book is now in the Riverbend Manager's office for anyone who would like to read about the history of this fire department that serves our community. To make the book available to all residents, it will be necessary for you to sign the book out for no longer than two weeks at a time. Please be considerate of others, and return the book to the office when due. If you find that you will need more time to enjoy the book, you can always sign the book out at a later date. Enjoy the read.

A Harvest Dinner is being planned for Thursday, November 10, 6:00 p.m. The protein part of the meal will be provided by the Activities Committee. Dinner guests will be asked to bring a side dish or dessert. When you make your reservation to attend, please select a side dish or dessert that is listed on the sign-up sheet to contribute to the harvest table. Bring a check, made payable to the Riverbend Activities Committee for \$4.00 per person to the manager's office when you make a reservation and your selection for a side dish. Each dish or dessert will need to serve 6 to 8 people. All details will be on the poster in the lobby and on the sign-up sheet on the table in the mail room. You must make a reservation in order to attend because planning by the committee is necessary in order to shop for the

food. Come and enjoy conversation with your friends and neighbors and have an enjoyable evening.



Here is a review of coming events:

November, 28: holiday decorations will be in the party room in order to begin the holiday decorating.

December 3: residents may join in trimming of the Christmas tree in the party room and enjoy a visit from Santa Claus and Mrs. Claus and a few of Santa's elves. We encourage all to invite your grandchildren to this wonderful afternoon of holiday cheer. More details at a later date.

January: plans include a re-gifting party for all to enjoy. Save your unwanted gifts you might receive for Christmas, and you may want to re-gift them for this fun night.

Enjoy the season coming and get ready to watch the beautiful scenery as nature changes our landscape.

--- Cathy Black,
Co-chair

Dates to Remember

- Tuesday & Wednesday, Nov. 8 & 9 - Window Washing (weather permitting)
- Thursday, Nov. 10 – Harvest Dinner, 6 p.m.
- Friday, Nov. 11 – Veterans Day – Office closed
- Thursday, Nov. 17 – BOD Meeting, 2:30 p.m.
- Friday, Nov. 18 – Deadline: *Around the Bend*
- Wednesday, Nov. 23 – Office closed at 1 p.m.
- Thursday, Nov. 24 – Thanksgiving Day, Office closed



Community Services

Loudoun County Area Agency on Aging Medicare Counseling Program:

Medicare beneficiaries are allowed to re-evaluate and change their Medicare prescription drug plans every year between October 15 and December 7 to insure having the best plan to meet their current prescription needs.

According to a recent article in *Consumer Reports*, three-quarters of Americans aged 65 and older currently take an average of six prescription drugs. Approximately one-third of those seniors experienced cost increases during the previous twelve months and paid an average of \$53 more for at least one of their drugs. Seniors also need to worry about reaching the “donut hole,” an annual limit of \$3,310 spent by a person and the drug plan, after which all drug costs switch to a complex cost-sharing formula. Drug coverage, especially for expensive drugs such as those used to treat rheumatoid arthritis and cancer, can vary dramatically between the Medicare Part D drug plan options available. Consumers are advised to “look beyond the drug plan premium to see how well a plan covers one’s particular health conditions and medications.”

Loudoun County provides Medicare counseling at its Area Agency on Aging office through the Virginia Insurance Counseling and Assistance Program (VICAP), part of a national network of programs that offer free, unbiased, confidential counseling and assistance for Medicare beneficiaries. VICAP counselors are trained and certified to help Medicare beneficiaries understand and compare Medicare Part D prescription drug coverage options that best fit their needs. With the help of the Medicare counseling program, perhaps a drug plan can be found with lower co-pays, better prescription coverage, and / or lower premiums. Before a VICAP counselor can be of assistance to you, a Medicare Part D worksheet must be completed and submitted to the Area Agency on Aging office no later than November 11. Once your worksheet has been analyzed, a counselor will contact you to discuss your Medicare Part D options for 2017 and answer your questions. For those who do not return the Medicare Part D worksheet by

November 11, and / or want to analyze their own worksheet, a counselor will explain an online process to you and will send you printed step-by-step directions for performing your own online analysis. Call the Loudoun County Area Agency on Aging Medicare Part D help line at [703-737-8036](tel:703-737-8036) for information about options for obtaining and returning a Medicare Part D worksheet or for instructions for completing your own online analysis.



The Loudoun County Sheriff’s Office reported that several residents recently received calls from scammers claiming to be a deputy who stated that an arrest warrant had been issued because the resident failed to report for jury duty. The caller went on to say that the resident could avoid arrest by paying a fine using a reloadable prepaid gift card.

The Loudoun County Sheriff’s Office urges residents to remember that “under no circumstance would a law enforcement official in Virginia be permitted to collect fines of this nature.” Residents are encouraged to contact the Loudoun County Sheriff’s Office non-emergency number, [703-777-1021](tel:703-777-1021), to verify a caller claiming to be from its office or to report being the victim of a scam. For additional information on detecting telephone scams, go to consumer.ftc.gov/articles/0076-phone-scams.

Loudoun County Ranks in Top Tier of Digital County Governments:

Loudoun County has been ranked among the top ten counties in its population category in a national survey conducted by the Center for Digital Government and the National Association of Counties. Loudoun has consistently scored in the top tier of the survey since 2004.

The Digital Counties Survey recognizes leading examples of counties which use technology to improve services, increase efficiency and boost transparency. Loudoun County was described as “continually embracing new and innovative ways to efficiently deliver services and support high priority initiatives.” Examples of Loudoun County’s

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modernization of business systems and its commitment to innovation include the following: upgrade of the phone system to allow increased 911 capabilities such as being able to text to 911; development of a new Computer-Aided Dispatch System at the new Loudoun County Emergency Communications Center; continued efforts to expand broadband services into western Loudoun County; and continued efforts to expand Loudoun County’s online services and resources on its website, www.loudoun.gov

--- Anita Zatz

Helpful Hints For Homeowners

Are you frustrated every time you have to carry packages or push your shopping cart through your condo door? Have you struggled with the door stop or damaged the paint on your walls? If so, consider having a magnetic door stop installed. It’s made of two parts, one attached to the baseboard and the other to the lower right-hand corner of the door. Magnetic attraction pulls the two parts together when the door is opened completely. Then with just a slight tug to break the connection, the door can be closed again. Both gold-tone and chrome finishes are available. Prices start around \$10.

Election Day – Tuesday, November 8, 2016

The LWVA bus will run on a continuous loop between our campus and our polling place from 9 a.m. until 12 noon. This means the bus will cycle through campus about every 30 minutes.

*Donaliece Carey
Director of Community Activities
Lansdowne Woods*

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Bobbie Brennan, Bea Childs, Marge DeSimone, Lorraine Eiermann, Cecilia Frenkel, Maria Kelly, Jackie Lev Dahl, Judy Martinowsky, Ann Robinson, Pat Scheffel, Betty Simmons & Peg Ware
Board Liaison: Cecilia Frenkel

Daylight Savings Time Ends



Remember to set your clocks BACK one hour on Sunday, November 6.

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Assistant Manager: Deborah Sinsel assistant.riverbend@gmail.com	
Building Engineer: Bryan Crosley	
Assistant Engineer: Ed Nelson	



The Adventurous Eater

Judy Kory

“Hail and Hog Kitchen and Tap”

If you are generally a sports fan and a Washington football fan in particular, One Loudoun has the place for you. Hail (as in “Hail to the . . .”) and Hog (dominant offensive line from the late 1980’s and early 90’s) has a sports bar vibe with an emphasis on burgundy and gold (Cowboy fans will not feel loved), lots of TVs, plenty of noise, and classic bar food with a twist. The menu is extensive and includes a separate menu for the Roof (2nd floor dining). Locally sourced products are featured. Pork, bacon, and spice show up in unexpected places. For example, fried chicken is marinated in a spicy chili oil and served with a bacon jalapeno gravy. The signature baby back ribs come with fries and rough cut coleslaw with lots of dressing.



Substituting fried onions for the potatoes was no problem. The ribs were meaty but spicier than expected. **Salmon salad** had a good portion of fish, a little salty but nicely prepared, served with tender assorted greens, heirloom-type tomatoes, and a delicious

champagne dressing. At lunch a basket of homemade spiced kettle chips arrives at the table – irresistible! H & H’s signature Burger32 is made with a house blend of ground meats that includes pork and bacon in the patty. The burger is topped with cheese and more bacon on a bun sturdy enough to hold it all together. **Chicken wings** are very popular, with seven flavor choices from medium Buffalo to five-pepper hot sauce! The house-made spice “wing dust” was salty and zippy.



The emphasis on salt and spice may have something to do with the 24 different draft beers

plus 20 more bottled beers always available. A wide variety of craft cocktails and wine selections is also

available. Happy Hour is Monday through Friday 4 to 7 pm, with \$1 off draft beers and cider, \$5 selected wines and rail drinks, and selected half price appetizers.

H & H is a happening place. On Monday evening during the football season, the restaurant becomes a live recording studio for Clinton Portis. His radio show airs on NBC4 at 1:30 am Sunday morning. The goal is to get viewers ready for kickoff by talking to coaches, fans, and players away from the field. Thursday night is Ladies Night on the Roof with live music and drink specials. Hail & Hog is on the corner of Exchange Street and Thorndike Street in One Loudoun.

Hailandhog.g3restaurants.com 571-446-4245.

Additional tasty menu items at Hail and Hog:



Spiced kettle chips



Burger 32



House Salad



Salted Caramel Brulee

Thanksgiving Trivia

The first national Thanksgiving in the United States was proclaimed by the Continental Congress in 1777.

Macy’s Thanksgiving Day parade began in 1924 and is 2.5 miles long

In order to help the country economically, Franklin Delano Roosevelt lengthened the Christmas shopping season by declaring Thanksgiving on the next-to-the-last Thursday in November in 1939. In 1941, Congress permanently established the holiday as the fourth Thursday of November.

According to the Guinness Book of World Records, the heaviest turkey weighed 86 pounds.

Ever wonder about the origin of the green bean casserole? Campbell soups created the recipe for an annual cookbook over 50 years ago. Campbell’s sells over \$20 million worth of cream of mushroom soup for Thanksgiving meals.



Fun Turkey

A 15 pound turkey usually has about 70 percent white meat and 30 percent dark meat.

Turkey has more protein than chicken or beef.

Turkeys will have 3,500 feathers at maturity.

The five most popular ways to serve leftover turkey are as a sandwich, in stew, chili or soup, casseroles and as a burger.

Facts About

Highlights of Riverbend BOD Meeting October 20, 2016

An unofficial summary; once the members have approved the minutes, they will become the official record of the meeting and can be viewed in the Minutes Folder in the lobby of the building.

At their October 22 meeting , the Board took the following actions:

Motion: To accept the B & F recommendation to approve the 2017 Budget (Draft #5) as final. Unanimously approved.

Motion: To approve implementation of the transfer fee amendment, as passed, starting January 1, 2017. Unanimously approved.

Motion: To approve Tom Jordan, Virginia Laughlin, Beth Schlabach and James Parrish to the Budget and Finance Committee. They will be voting members after they have attended three meetings. Unanimously approved.

Motion: To approve Marie Gay and Jacqueline Lev Dahl to the Communications Committee. Unanimously approved.

Motion: To approve a change to the LWVA Personnel Policy to exchange holidays: Columbus Day for the Friday after Thanksgiving giving staff a 4-day weekend. This has to be approved by all Boards across campus.

Motion: To submit a request to the Building Facilities Committee to recommend the best way to distribute and make duplication of keys in all entries. Approved with a negative vote from Priscilla Sammet.

--- Cecilia Frenkel, Secretary

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