



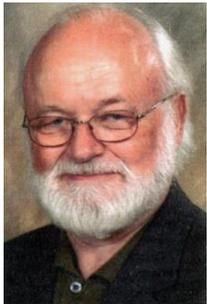
# AROUND THE BEND



Volume 20, No. 11

Published for Riverbend Residents

November 2018



## President's Message November 2018

This is the month of Thanksgiving! We here in Riverbend have much for which to be thankful. I am grateful for good neighbors and an outstanding community of friends. It is my sincere hope that all of you are also grateful for these blessings, plus so much more.

While we are being thankful, lots of activity continues as we update and enhance our buildings and surrounding landscape. Here are a few information updates on some of these projects.

### Our Common Area HVAC Units on our Roof

Ted Ross Consulting (TRC), our HVAC engineering firm, has been here for a long day of studying our current corridor HVAC systems. Now they are working up a proposal of what system they would recommend and an estimate of what it will cost.

Function, efficiency, installation and maintenance costs are all considerations as we move forward with this project.

As with our roof project, the use of our three rooftop HVAC units will be out of service from time to time. As a result, we will schedule this project for either the Spring or Fall so any shutdown of our three units will occur when we have more moderate, ambient temperatures. Because

of the time necessary to complete the installation process, we anticipate that we will be installing the new HVAC system in the Fall of 2019.

### Renovation of our Riverbend Common Areas

Many of us have felt for some time now that our lobby, party room and corridors need to be refreshed with a much more up-to-date look. We are the last in our community to complete a renovation of our common areas. This will take some time and we are in the very beginning of this process. We have learned from our friends in other buildings that this can be a contentious and costly project and that successful planning will take a good deal of time and will require patience as we receive advice and concerns from our residents. This is another project that will require careful planning and much communication.

We are currently preparing a Request for Proposal (RFP) that will be sent to several design firms. This will not be an in-house design project; we must hire professionals to help us. I know some of you are very anxious to get this project underway; me, too. However, taking our time has many advantages. It will facilitate the ability for all of us to have input and provide for detailed communications on progress as we move forward. And, because we will be using a substantial amount of Reserve Funds for our HVAC project, we need to have time to refill our coffers. We intend to be very careful to do a fabulous job in our renovation; to achieve a final look and function that everyone will be proud of. At the same time, we are determined

to not deplete our Repair and Replacement Reserve Fund to dangerous levels. Again, we will keep you up to date as we move forward.

**Our Hot Water Heating and Distribution System**

As I may have mentioned before, on our roof there is a fairly large structure/room. We call it the “Penthouse.” Nobody is lucky enough to live in it! It is however, where our building’s hot water heaters reside. These are heaters that heat the hot water we all use. We have four of them and they are quite large. In addition, there are many associated pumps, thermostats, valves and pipes that are part of this system, plus a very large hot water retention tank. Last year, and then again, this year, we did a substantial rebuild of the four hot water heaters. It was quite costly. And, we continue to have failures with pumps, valves, thermostats and thermometers.

It is time to do the research that is required to purchase and install new heaters as well as the ancillary equipment. This is a complex system and we wish to purchase and install the heaters that will serve us best and determine the associated costs. As with the HVAC systems, this is not an off-the-shelf type project. We will need to contract with a mechanical engineer to advise us and help us make intelligent decisions. The research, purchase and installation will take time, so it is now time to get the process underway. We will prepare an RFP and will be sending it out to three or four engineering firms.

Remember, we live in a 20-year-old building, and many of the major systems that we rely on daily will need to have major repairs or be replaced. Rest assured, we will do our “due diligence” before making decisions. This includes spending carefully, so we can do all this repair work within our current funding process. We will keep you up to date.

**Some Closing Thoughts**

Our Riverbend Board is so grateful to all our volunteers. All of you are important to the wonderful community we have here at

Riverbend. We are especially pleased with the commitment of our committee members. At our December Board meeting we will appoint all of the members of committees for 2019. The Board is asking that the committees, at their January Meetings, recommend to the Board who they would like to serve as their Chair, Vice Chair and Recorder. Then at the January Board meeting the board will appoint those individuals to the recommended positions, assuming of course that the board agrees with the recommendations.

As always, please attend our informative committee meetings. They are all open meetings. We like and need participation from everyone. And remember, firsthand knowledge and experience is always more reliable than a rumor.

*--- Bert Schlabach. President  
Riverbend Condominium Association*

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### Manager's Corner November 2018

Please be sure to see the Board President's Message thanking the 2018 Riverbend committee volunteers and calling for 2019 committee volunteers. Committee members and what they do are vital to the day-to-day quality of life in the Riverbend community and a great way to meet your neighbors. A 229-unit condominium high rise with a \$2 million annual budget that 350+ people call home has a lot of moving parts and very little gets done without committee oversight and action. The community relies on the 45 – 50 committee volunteers serving on its six committees (Activities, Building Faculties, Budget & Finance, Communications, Covenants and Elections Committees) to organize, initiate and communicate what and how things are happening around Riverbend. Management echoes Bert's thank you to the 2018 committee volunteers.

To volunteer in 2019, please complete a Committee Interest Form and return it to the office by Friday, December 14, 2018. The forms are available online in the BuildingLink Library, in the Mailroom forms rack and from the office. You should also go to at least one committee meeting between now and December 14 to see how committees go about their business.

Each committee has a written charter aka Terms of Reference (TOR) that describes what they do and the basis of their authority. The TORs are available online in the BuildingLink Library, in the Lobby Library and from the office.

The Board reviews the completed Committee Interest Forms and approves the membership at their December meeting (12/20/18). In January, each committee discusses and makes recommendations to the Board who their Officers (Chair, Vice-Chair and Recorder) should be. The Board approves the Committee Officers no later than January.

Riverbend's Covenant's Committee and their timing to get organized is different than the other

committees because the Riverbend Bylaws mandates the Covenants Committee exists and their membership be consistent with the staggered three-year terms of the Board of Directors.

In addition to volunteering to serve on a committee, Riverbend has another 45+ residents who volunteer in other, less formal ways. One such group of volunteers assembles and distributes Riverbend's and Lansdowne Woods' newsletters to all 229 Riverbend units each month. The newsletter you are holding right now doesn't appear under your door each month because assembling and distributing the newsletter is contracted out to a vendor (and therefore something your monthly assessment has to pay for). It comes to you because reliable Riverbend residents manually assemble and distribute it every month. So, after you are done reading this newsletter, please notice one of the following residents and thank them for taking action each and every month. Will the following residents please come forward and take a bow?

**Special thanks to Jo Ann Bloomberg,  
Coordinator of the:**

**Newsletter Assemblers Corps: Betty Simmons,  
Lorraine Eiermann, Loretta Condon, Peg Ware,  
Sue Malone, Jackie Lev Dahl, Bea Childs and  
Marie Gay.**

**Newsletter Distributors Corps: Maria Kelly,  
Judy Martinowsky, Ann Robinson, Pat Scheffel,  
Priscilla Sammet, Mike Schneck, Bobbie  
Brennan, Tom Black, Bonnie Olenn, Cathy  
McGowan and Nancy Allen.**

Window washing is coming up Monday, Tuesday and Wednesday (11/19 – 11/21) between 9-4, Please remove your screens or have Building Engineering do it for \$3.00/window which includes putting them back. You need to schedule and pay for Engineering to do this service in advance. If a screen is covering a window, it will not be washed. Note the Statement of Work (SOW) includes cleaning the windows and reasonably reached cobwebs. This does not include cleaning the inside of the windows or window frames. Please be aware when the window washers swing down on their bosun's chair rope from the rooftop and are outside

your windows, they can see inside your unit, so please plan for this if you are home.

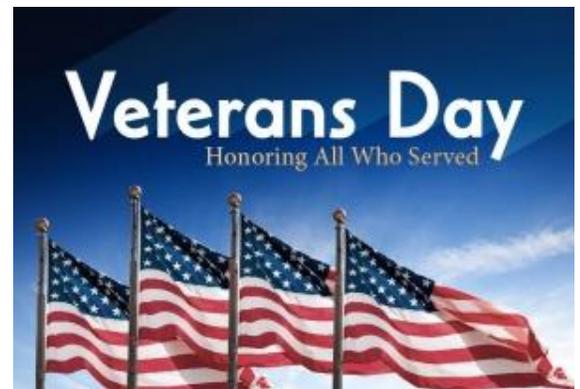
How's your Comcast Xfinity service and billing? We added the latest channel lineup to the BuildingLink Library under "Comcast" and it's also available from the office. Remember all units get Comcast TV and Internet service at discounted rates relative to Comcast retail rates built into your monthly assessment. Specifically, all units receive "Performance" tier Internet service and "Digital Starter" tier HDTV cable TV service which includes Limited and Expanded Basic channels. Each unit also gets one HD Set Top Box (STB) with Voice Remote, two HDTV DTA's with Regular Remotes and access to the inhouse TV channel. Included in each unit's assessment is a \$65.95/month payment to Comcast for these "bulk" services. If you get a monthly Comcast bill, you are choosing to pay for additional services such as premium channels like HBO or higher speed internet or telephone service. Or, you are being incorrectly billed. Call Comcast on 855-638-2855 with your bill in hand if you think you have a billing issue. Do NOT call the Comcast phone number on your monthly bill. If you can't get satisfaction from Comcast, bring your latest bill to the office and we'll see if we can help see what's happening billing wise. Please don't accept a charge you are unsure of, no matter how small it is.

Finally, like all Riverbend and campus staff, Debi, the Assistant Manager, and I have a never-ending time management dilemma: How to balance being open and approachable with residents while meeting the day-to-day deadlines of the Riverbend office. Lately, it seems the balance is tipping too much towards being open and approachable so that sometimes your expectations from the office are not being met in a timely fashion. Could we please ask that your time spent in the office be dialed down a wee bit?

### Board Highlights

During the October 25, 2018 2:30p.m. Board Meeting, the Board:

- Appointed Michael Schneck as a Board Director.
- Appointed Jo Ann Bloomberg and Ellen Heaney to serve on the Covenants Committee and Jack Kelly to be the Chair of the Covenants Committee.
- Approved the purchase of a TV to replace the existing Party Room TV and use the existing Party Room TV as a BuildingLink Public Display.
- Approved the installation of an AED defibrillator somewhere in the Ground Floor Elevator area.
- Appointed the following Officers for the Board of Directors: Bert Schlabach, President; Carole Meals, Vice President; Ruth Jacoby, Treasurer and Michael Schneck, Secretary, Shirley Thorpe, Director.





On November 4, Daylight Saving Time ends. Remember to turn your clock back one hour and have the batteries in your smoke detector changed.

Tuesday, November 6, is your day to VOTE. The bus will be available to transport you to the polls.

November 12 is Veterans Day and November 22 and 23 is the Thanksgiving holiday. The office will be closed and if you have a maintenance emergency, call Security at 703-724-0900 and Security will contact the on-call engineer. For medical emergencies, please call 911.

Have you noticed the holiday season is almost upon us? That means more packages will be delivered and filling up the package room. Please pick up packages in a timely fashion. The room will be packed (no pun intended) and it will be helpful to the volunteers not to have to sort through so many packages.

Snowbirds remember to let the office know when you will leave for the season. If you know you are leaving for a few days, notify the office and let your neighbors know you will be away.

---Debi Belote  
Assistant Manager



**From the Engineer  
Bryan Crosley**



When you use your garbage disposal, small leftovers from a meal are fine but no potato peels, orange peels, onion skins, celery, banana peels, watermelon rinds, rice, etc. These items will most definitely cause a backup in your pipes. Just place those items in a plastic bag and dispose of them with your trash.

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Please take the opportunity to say congratulations and welcome to a wonderful team of volunteers that help make Riverbend great and run smoothly. Their dedication does not go unnoticed.

**The Riverbend Board of Directors Officers  
for 2018-2019**

Bert Schlabach, President

Carole Meals, Vice President

Ruth Jacoby, Treasurer

Mike Schneck, Secretary

Shirley Thorpe, Director

**The Covenants Committee 2018-2019**

Jack Kelly, Chair (1-year term as chair) 2019-2020

JoAnne Bloomberg 2-year term (10/2020 )

Ellen Heaney 1-year term (10/2019)

Everyone is encouraged to attend all the Board of Directors meetings and other committee meetings to learn about events and future plans

# COMMITTEE REPORTS

## ACTIVITIES

Those who attended the October 11 annual meeting were rewarded not only with cake, wine and tea but with a painless, succinct, well organized event. Thank you, Riverbend Board and Management!

The Activities Committee was delighted to host the "Meet the Author" event on the 18<sup>th</sup> when it was our privilege to hear excerpts from Bonnie Wohlford's new book, *Sisters of Grit*, and have the opportunity to ask her our "how, why and what" questions. We learned, for one thing, there is a LOT of effort that goes into being published! Thank you, Bonnie, for an enjoyable and informative evening!



Our favorite resident photographers, Denise Silva and Geff Bourke, have been traveling again. We hope you will join us on November 1 at 7:00 p.m. in the Party Room when we "journey" with them as they share their amazing images and comical stories from their recent Greenland adventure. Light refreshments will be served.

MOVIE NIGHTS have more of a distinction than you may realize! For Cinema Arts on the 1<sup>st</sup> and 5<sup>th</sup> Thursdays, Paula Gomez usually selects independent, foreign, documentary or older movies.

The Saturday Night Movie (3<sup>rd</sup> Saturday) will usually be a popular movie or less than two years old. The Activities Committee requests a \$1.00 donation on Saturday Night to cover the costs of the refreshments and movie rental. There is no charge for the Thursday Cinema Arts; and you may bring your own

refreshments, if desired. You are encouraged to share movie requests with Paula!

We will deck the halls of Riverbend for the holidays on November 23, and **December 2** is the big day when your grandchildren decorate the party room tree in preparation for **SANTA's** visit! You are invited to bring a sampling of your Christmas cookies to share. Be on the lookout for more information!

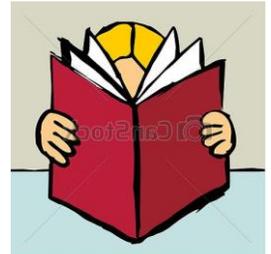


----Photos courtesy of Jack Kelly and Bert Schlabach

## Riverbend Readers

Our next meeting will be held on Monday, November 5, at 3:30, as usual. We'll be discussing "The Guernsey Literary and Potato Peel Pie Society." It's one of my favorites. I've seen the movie twice; I hope we show it soon.

Our November book is "Caleb's Crossing" by Geraldine Brooks. I think we all love historical fiction. In 1665 a young man from Martha's Vineyard became the first native American to graduate from Harvard.



There are two copies of "Big Stone Gap" out there somewhere. The library wants them back! PLEASE look everywhere, we don't want them to stop lending us discussion kits. This time I got extra books, and an e-reader. I can get larger print if needed.

Everyone is welcome!

--- Barb Leone

*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://riverbnd-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.*

## COMMUNITY SERVICES

### Loudoun Area Agency on Aging Provides Free Medicare Counseling:

All Medicare recipients can re-evaluate and make changes in their Medicare health plans and prescription coverage every year during the open enrollment period from October 15 to December 7. This will assure their having the best plan to meet their needs for the following year. Medicare counseling is available at the Loudoun County Area Agency on Aging office through the Virginia Insurance Counseling and Assistance Program (VICAP).



VICAP is part of a national network of programs that offer free, unbiased, confidential counseling and assistance for Medicare beneficiaries. Counseling topics include Medicare enrollment and coverage, Medicare Part D prescription insurance, Medigap insurance, Medicare Advantage Plans, and Medicare Financial Assistance Programs. VICAP counselors can help all Medicare beneficiaries explore options that best fit their needs. With the help of this Medicare counseling program, it might be possible to find a plan with lower co-pays, better prescription coverage, and / or lower premiums.

To utilize VICAP's assistance to evaluate and to possibly change your drug plan during the current enrollment period, Medicare Part D worksheets should be completed and sent by mail, email, or fax, or be hand-delivered to the Area Agency on Aging office by November 9. Worksheets are available online at [www.loudoun.gov/aaa](http://www.loudoun.gov/aaa) ; or can be picked up at Loudoun County Senior Centers; or can be mailed to you, at your request, by calling the Area Agency on Aging Medicare Part D helpline at 703-737-8036. The completed worksheet provides the counselor with information about your current prescription coverage and prescription drug needs. After analyzing your worksheet, a certified counselor will contact you to discuss your Medicare Part D options for 2019 and answer your questions.

The Area Agency on Aging office is located at: 20145 Ashbrook Place, Suite 170, Ashburn; telephone 703-777-0257.

### Loudoun Data Center Market Continues its Growth:

Loudoun County, considered to be the locale of the world's largest concentration of data centers, is continuing to grow and surge beyond Data Center Alley in Ashburn. Some recent data center land sales include the following.

Tech giant Microsoft recently purchased approximately 330 acres in Leesburg for \$73 million at a site zoned for data centers just south of Leesburg's municipal boundary. This mixed-use development site, Compass Creek, is a 550-acre tract approved for construction of office space, retail development, flex-industrial space, a hotel, the ION International Training Center (100,000 square feet indoor ice rink and arena), and a Walmart Supercenter. Microsoft's CEO has not yet shared any specific plans for the property but stated: "As demand grows for online and cloud services, we are continuously exploring new opportunities to support our business operations."

A 280-acre site near Loudoun County's two future Metro Stations, known as Washington Dulles Gateway, was recently sold to Sentinel Data Centers for \$82.5 million. The company, which builds and operates multi-tenant data center facilities for large enterprises, previously purchased 65 acres in Loudoun County last year.

--- Anita Zatz



## RIVERBEND ACTORS TAKE TO THE STAGE

Riverbend Rocks! And so, do the resident thespians who will take to the stage November 1, 2, and 3, in a new LW Drama Troupe production, "Vignettes..... from the Woods." Resident Carol Cutrona is the director.

The comedy, performed by your building neighbors and others, is a venue that promises a night of non-stop laughter.

The story is told in seven acts. While everything starts out well, as you can imagine, the trials and tribulations of the characters are revealed in the first act and all goes downhill from then on.

But never fear, by the last act, everything turns out well...sort of!

The show airs Thursday, Nov. 1, at 4:00 p.m.

Friday, Nov. 2, at 7:00 p.m., and Saturday, Nov. 3, at 4:00 p.m.

Reserve your \$5 tickets now at the Activity office; \$10 at the door.



## Fun Thanksgiving Facts (From the Internet)



Abraham Lincoln declared Thanksgiving a national holiday, largely due to the efforts of a magazine editor named Sarah Josepha Hale, who also wrote "Mary Had a Little Lamb."

Benjamin Franklin wanted the turkey to be our national bird, decrying eagles as having "bad moral character."

Europeans loved Guinea fowls which were imported by Turkish merchants. They nicknamed the birds turkeys and when Spaniards came to the New World, they found similar-looking birds and the name carried over.

In 1953, Swanson had such a huge surplus of turkey (260tons!) that it decided to use new freezing and packaging techniques to create what were the first mass-marketed TV dinners.

Only wild turkeys, which are lighter in weight than the domesticated birds, can fly. They roost and sleep in trees.

Turkey might help you lose weight; a 3-ounce serving of turkey has just 190 calories, while the same amount of chicken has 240 calories.

Neil Armstrong and Buzz Aldrin's first meal in space after walking on the moon was foil-wrapped roast turkey.

Felix the Cat was the first Macy's Thanksgiving Parade balloon in the 4<sup>th</sup> annual parade in 1927.

Macy's Parade balloons were let go at the end of the parade and people who found one could mail it to Macy's and collect a prize.

We wish all of our readers a safe and Very Happy Thanksgiving!



**The Adventurous Eater**

By Judy Kory

**Thai Ashburn**

One of these cool crisp afternoons or evenings, drive down Ashburn Village Blvd. to the Ashburn Village Shopping Center. At the end you'll find the small, family run **Thai Ashburn**. The staff is gracious, and the menu is extensive: Appetizers, Soups, Salads, Curry Dishes, Entrees, Noodles, Fried Rice, Signature Dishes, Thai Street Food, Flame Grilled Specialties, Lunch Specials, Kids Menu, Desserts, and Beverages. There's also a full bar, wine and beer. They make a great martini, have several specialty cocktails, and offer eight kinds of bottled beer. At Happy Hour every Monday through Thursday from 4 to 6 p.m. you can get \$3 beer, \$4 appetizers, and \$5 wine.

Menu items are clearly marked with no chili (bland), 1 chili (mild), 2 chili (medium), 3 chili (Thai hot), 4 chili (extra hot), and 5 chili (chef special hot). Curries and Entrees let you pick your protein: Chicken, pork, tofu, vegetables or vegetables and tofu are one price. Beef is a \$1 more, Combination chicken, pork and beef is another \$1, Jumbo shrimp another \$1, and Seafood (shrimp, squid, and scallops) add \$1 more. Prices are reasonable (lunches from \$9 to \$14, dinners from \$13 to \$19). Servings are very generous.



Jeeb has a great flavor, Wasabi dumplings will clear your sinuses, Shrimp dumplings are mildly flavored, and the Gyoza

The dumpling combo (\$9.50) includes Kanom Jeeb (Thai steamed dumplings), Wasabi dumplings, Gyoza (pot stickers), and Shrimp dumplings. Kanom



are crisp and nicely seasoned. The Cellophane Noodle Salad (1 chili) Yum Woon Sen includes minced chicken, lots of noodles over lettuce with a lime vinaigrette with peanuts on top. Yum is a good name for it. Green chicken curry (2 chili) on the \$10 lunch special is served with a mountain of fried rice. The coconut milk broth and various vegetables like eggplant, bamboo shoots, and sweet peppers are cooked to perfection. 2 chili is the most spice that I can handle.



The most expensive (\$19) Signature Dish on the menu is Spicy Garlic Shrimp (3 chili). We requested 1 chili, but when it arrived it was too spicy to eat. The second time it was cooked to perfection. The sweet and savory crunchy coating on the jumbo shrimp and the tempura style green beans are worth every penny.



The Flame Grilled BBQ Pork (\$16) and steamed vegetables are not spicy until you add the tangy sauce (1 chili) which gave everything a

lot of flavor. For dessert we tried the fresh mango and sweet sticky rice (\$6), an excellent ending to a delicious meal.

Thai Ashburn, 44031 Ashburn Shopping Plaza, Ashburn, 20147, is open at 11 a.m. Monday through Friday, noon on Saturday and Sunday. It's open until 10 p.m. on Friday and Saturday, 9:30 p.m. Sunday through Thursday. 571-442-8679 or [www.thaiashburn.com](http://www.thaiashburn.com). Dine in, carry out, delivery (\$20 minimum) and catering. Give it a try.

