



AROUND THE BEND



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September 2015

RIVERBEND ELCTIONS COMING SOON

Riverbend unit owners will vote to fill three seats on the Board of Directors this year. Two positions are for three-year terms while one is a one-year term created by the resignation of Board Director and Vice President, Mary Ann Blatt. Come to Meet the Candidates night on Wednesday, September 7 at 7:00 p.m., in the party room to hear candidate presentations and participate in a Q&A session.

The candidates are:



Cecilia Frenkel



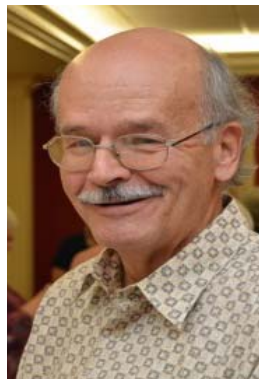
Anna Ruth Jaoby



Priscilla Sammet

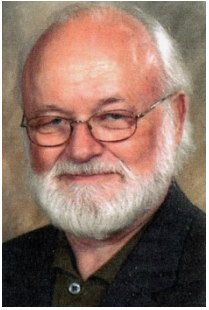
Additionally, voters will elect one member representative to the Lansdowne Woods Board of Members.

The candidate for this position is:



Terry Willford

Election Packets will be distributed in the lobby on Wednesday, September 9, and Thursday, September 10, during the hours of 10 a.m. – 12 p.m.; 2 p.m. – 4 p.m.; 5 p.m. – 6 p.m., Wednesday and 5 – 7 p.m., Thursday. Deadline for voting is 3 p.m., Wednesday, October 8, 2015. The Annual Meeting is October 8, at 7 p.m., in the party room.



President's Corner August, 2015

We are very sorry to announce Mary Ann Blatt's resignation from our Board of Directors. As she stated in her resignation, "My path is leading me to a couple new adventures on the other side of the Potomac." Her dedication, attention to detail and just plain hard work on our behalf over many years is greatly appreciated. Please wish her well when you see her.

The month of August has been very busy and is expected to be a harbinger of the many tasks, discussions and decisions coming in the next few months.

We have many ongoing concerns and here are some of the most important:

- We are expecting to receive the report of our second opinion on the condition of our roof in the first week of September. Watch for special meetings to discuss the results of the report and how it compares with the original opinion.
- Our 2015 mandated Building Reserve Study by Reserve Advisors appears to be very thorough and understandable. As always there are small and large adjustments to be made and that process is ongoing. These adjustments can be as simple as correcting typos or as involved as adding or deleting categories. We don't adjust projected costs unless we have actual expert costs on items such as our roof.
- We have received bulk costs from Verizon and I am hopeful that we will receive the bulk costs from Comcast by the time this newsletter is distributed.
- After several adjustments we anticipate the final Audit of our 2014 financials.
- All of the above and much more will impact our work on the 2016 budget. The budget is underway and will soon be part of committee discussion.
- We are also in the process of looking at all major expenses coming from our Maintenance & Repair Reserve Fund for the next 5 years. This analysis will help inform us about the adequacy of the fund and how we can maintain and/or build the fund if and when it is needed.

In the next few months many important and impactful decisions will be made regarding our building's care and keeping. Good stewardship of our building and its related costs may seem to come into conflict with our own personal sense of financial security and wellbeing. The reality is that good maintenance and thoughtful enhancements of our building are important investments that impact all of us. The question of what constitutes smart investment decisions will differ and each of us will undoubtedly hold strong opinions on how to maintain and enhance our building. Many of us will want to be heard and should be heard.

In view of this, your board wants to remind everyone how good community decorum is maintained in meetings.

As a community of friends, decorum in committee meetings and Board of Director meetings must be conducted in an open, non-intimidating and non-confrontational manner. To this end, your Board of Directors re-affirms Robert's Rules of Order as our rule of conduct for all our public meetings. We also wish as much as possible to use a relaxed version of Robert's Rules of order.

An agenda will be provided to all committee members as well as the audience.

The chair will call the meeting to order and will as much as possible follow the agenda. Committee members will be provided with a meeting packet with enough detail to enhance an informed conversation. If possible, these packets will be made available at least 3 days prior to the meeting so committee members can come to the meeting prepared.

Committee members will be recognized by the chair and their question or comment will be presented in a polite, non-intimidating, non-confrontational manner. Personal attacks will not be accepted as valid communication. The chair can rule the committee member out of order and ask the person to not continue speaking. If the chair is not responding to the offensive behavior another committee member can ask the chair to keep the order.

Open forum opportunity will be provided in each meeting for any owner or resident in the audience

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wishing to comment. Each comment or question will be limited to 3 minutes. The actual length of each comment is at the discretion and will be controlled by the chairperson of the meeting. The chair of the meeting will recognize the individual wishing to speak before the audience member begins speaking. The audience member will speak in a polite, non-intimidating, non-confrontational manner. Personal attacks will not be accepted as valid communication.

The chair can rule the audience member out of order and will ask them to not continue speaking and sit down. If the chair is not responding to the offensive behavior, another committee member or audience member can ask the chair to keep the order. If the chair is unable to keep order, the chair can put the meeting in a temporary recess, to reconvene when it appears that order can be re-established and at the meeting chair's discretion.

Of course we hope that the same courtesy that we show to each other in meetings will be shown to each other, our staff and vendors in our normal day-to-day activities.

I feel strongly that these next few months will not only enhance our building and financial security but our friendships as well.

*Bert Schlabach, President
Riverbend BOD*

From The Engineer

Bryan Crosley

Before scheduling a move, delivery, Salvation Army or contractor, please call the office to see if there's an opening on the calendar for the freight elevator.



It's especially important when a resident has paid for the use of the freight elevator, i.e., a move in/move out and the Salvation Army pick-up, appliances or furniture delivery shows up.



**Management Corner
Sandy Swarr**

Did you know...

- If you have wooden floors, 80% of the surface, not including the kitchen or bathrooms, must be covered by rugs?
- Putting felt pads on the bottom of your chairs that are on a hard surface can reduce the noise that your neighbors hear. These pads can be purchased at your local hardware store or ordered on-line.
- All deliveries and contractors must be scheduled with Debbie Merriman in the management office.
- Volunteers are needed for the Riverbend Committees. If interested, please pick up a Committee Interest Form in the Management Office.
- Vacation forms are available in the Management Office. If you are going away, please complete the form with the dates that you will be gone and an emergency contact number. Thank you!

Upcoming events:

September

September 2 – Meet the Candidate's Night

September 7 – Labor Day – Management Office closed

September 9 & 10 – Annual Meeting packets and election material handed out in lobby.

October

October 8 – Annual Meeting at 7:00 pm

October 26 – 30 -- HVAC Inspections

Tentative scheduling of the screen removal

November

Beginning of November - Tentative scheduling of window washing –screen replacement after window washing with the goal of completion by Thanksgiving.

Riverbend Military Veterans. We would like to have a count of veterans living here at Riverbend. Please call or send a note to Bob Cline (Building representative, LW Military Veterans Club) at (571) 442-8522, Unit 414, email:

www.clinerg59@comcast.net

COMMITTEE REPORTS

Activities

Saturday, September 12, is approaching fast. This is the date for the Fundraiser Dinner to benefit the Ashburn Volunteer Fire and Rescue Department. Guests from the fire department who will attend the dinner will be key personnel from AVFRD stations 6 and 22 and Board of Director President, Don Graham and his wife. Also, Chief Miguel Ouizano, Barbara Murphy and Danni Smith who will discuss their work in the fire departments and the departments' response to the emergency calls made by the community. Your questions will be answered at this time.



The benefit pasta dinner will be served to all who sign the reservation sheet in the mail room and take their donation check to the manager's office. Your donation is your ticket to the 5:00 p.m., September 12, dinner in the Riverbend party room. The Activities Committee has been the host for this fund raiser for several years. Let's make this a great fundraising year for the AVFRD by topping last year's total of \$6,241.11.

INTERNATIONAL DINNER:

An International Potluck Dinner will be held on Sunday, October 4, 2015, at 5:00 p.m. in the Riverbend party room.

Bring a family favorite dish or a dish from a country you have visited, or any international food, enough to serve 8 – 10 people. Dress in international attire and share the different cultures of the world.

The program consists of: International food, games and door prizes.

There will be live entertainment: Violin by Gabi Stankaitis (enjoy your dinner in an Italian and/or French environment); Chinese dance "The Core" by Shu-Chen Cuff, owner and Artistic Director of Gin Dance Company; "Tunisian Bedouin Dance" by Monira Hanafi; Red Carpet Walk (showcase your international attire and win a prize).

The sign-up sheet will be available by mid-September. A donation of \$4.00 is requested to cover the expense of the event. Please make your check

payable to "Activities Committee" and deliver it to the Riverbend management office. Residents who attended the dinner last year, asked for this event and agreed that it was fun and interesting.

Enjoy the rest of the summer. We hope to see you at the pasta Fundraiser Dinner. Let's top last year's total donations. Together we can do this...

Cathy Black
Co-Chair

Budget & Finance

SO! JUST WHERE DO THOSE RESERVE FUND DOLLARS GO?

According to our just-completed Reserve Advisors Study, these are but a few of the big-ticket items we must plan for and fund for the periodic Repair and Replacement of our many systems:

- Exterior Walls & Masonry – 86,600 sq. ft.
- Windows and Frames - 61,370 sq. ft.
- Garage Concrete – 4 floors – 48,000 sq. ft.
- Roof -35,000 sq. ft.
- Windows, Doors and Control Joints – 22,200 linear feet of Sealants and Caulking.
- Walls, Balcony Edges, Lintels and Trim – 2,800 linear feet & 1,300 sq. ft.
- Carpeting – 2,360 sq. yards
- Retaining Walls, Concrete – 1600 sq. ft.
- Interior Common Area Lights – 370
- Water Heaters - 4, Elevators, Mailboxes, Office & Kitchen Equipment, Trash Compactor, Security Systems, Emergency Generator, and so much more.

Our Reserve Fund is a \$248,000 Line Item in our total 2015 Budget of \$1,772,374, approximately 14% of the whole.

As 'invisible' or 'behind the scenes' as many of these Reserve Fund expenses appear, would you agree that they are top-priority, in order to maintain our property values, our safety, and our 'Good Life' at Riverbend?

Priscilla Sammet
Chair



The Adventurous Eater By Judy Kory

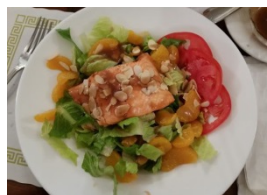
If you haven't tried our own Lansdowne Woods Crossroads Restaurant, you are in for a treat. The new décor is light and bright, and the walls are covered with beautiful nature photographs. All four photographers are members of the community, and most were taken on LWVA's grounds. Thanks, Bert Schlabach, for a job well done! The new menu is extensive, servings are generous, the staff is warm and friendly, and prices are very reasonable. Here are a few highlights.

Everyone has raved about the haddock "fish and chips" (\$15) and beer battered fish sandwich (\$11). Salads run from \$8 classic Caesar to \$15.50 for the salmon and orange salad. The Greek salad (10.50) is a delicious work of art, while the fruit plate (\$8)

includes cantaloupe, honeydew, grapes and a nice scoop of cottage cheese. My hamburger (\$7) was hand-formed, juicy and delicious with lettuce, tomato, the sweetest slice of onion, served on a sesame bun. The French fries are terrific (one of my guilty pleasures). All sandwiches include a small cup of coleslaw, a New York style dill pickle and fries. Sides include applesauce, baked potato or potato salad and for an extra \$1, sweet potato fries or onion rings, but it will be difficult to pass up those fries!

Sandwich prices begin at a \$5 grilled cheese to \$15.50 for a jumbo lump crab cake sandwich and most are under \$10. Dinner entrees (\$11 for open-face roast beef to \$20 for the filet mignon) are complete, served with soup or salad, vegetable and potato. I

ordered the Greek stuffed chicken (\$14.50) – chicken breast spiraled around a spinach-based stuffing covered in a light glaze - with double vegetables instead of mashed potato, but others said the potatoes were terrific, clearly made from scratch. Warm rolls and butter rounded out our meal. By the way, liver and onions (\$12) are available every day!



The dessert menu is limited – a work in progress - but generous meals leave little room for dessert! We sampled apple and blueberry fruit pies, (\$3.25) and hope to try the cakes sometime. Ice cream is also available. The Sunday Brunch menu looks terrific and is posted in the mail room. For a restaurant that has been open for only a few days, I am very impressed with the food and service.

Alas, the liquor license has not come through yet. All the paperwork was submitted some weeks ago; all the requirements have been met; Richmond has forwarded everything to the local ABC officials – and there it sits. We can only hope that someone in that office gets busy and issues our license soon. In the meantime, come for Happy Hour Sing-a-longs on Wednesdays, and enjoy Crossroads at the clubhouse, open Tuesday through Saturday, 11:30 – 8:30, and Sundays 11 – 3.

Egg Carton Recycling

Thanks for all the empty egg cartons you have donated for the Interfaith Food Pantry. This is an ongoing need, so please keep them coming. You may place them on the party room kitchen counter, drop them off at my unit (106) or call me ([703 729-6276](tel:7037296276)) and I will pick them up from your unit. Only 12-count or small cartons please.

My thanks to Susan Roland for taking over the delivery of the cartons.

--- Jackie Lev Dahl

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Management Staff
Phone: 703-724-7800 Fax: 703-724-4345 General Manager: Sandy Swarr Assistant Manager: Debbie Merriman Building Engineer: Bryan Crosley Assistant Engineer: Ed Nelson

Community Services

Our Neighbor, Ashburn --- The Backbone of the Web

Many people, like myself, probably were not aware of the historical and ongoing significance of our own community when it comes to the World Wide Web. Those many large nondescript concrete structures we see when we drive around our area are data centers. According to the Loudoun County Department of Economic Development, there are currently more than 60 data centers in Loudoun County supporting more than 3,000 technology companies. Up to 70% of the world's Internet traffic flows through servers in Loudoun County data centers every day. Loudoun County's "Data Center Alley" in Ashburn is the world's largest concentration of data centers. In author Andrew Blum's book, *Tubes: A Journey to the Center of the Internet*, he writes: "Ashburn, Virginia is a small town that Internet people think of as a giant city. The reason why lies behind an Embassy Suites hotel in an unmarked complex of buildings owned by a company called Equinix. The Internet works because every network is connected, somehow, to every other. Where do those connections physically happen? More than anywhere else in America, the answer is Ashburn. This is the bullseye of America's Internet."

Loudoun County Ranks in Top Tier of Digital County Governments:

Loudoun County was recently again recognized as one of the most technologically advanced county governments in the United States. For the past ten years, our county has consistently scored in the top tier and most recently ranked fourth in its population class of 250,000 - 500,000 residents. The survey of county governments is conducted by the Center for Digital Government and the National Association of Counties, an organization which represents 3,069 county governments. Loudoun County is considered a leading example of a county using technology to improve its services and boost its efficiency.

Scams and Frauds Revisited:

The Loudoun County Sheriff's Office wants residents to be aware of recent scams in which suspects are utilizing various disposable email services (i.e. one time use disposable email addresses) to scam recipients out of money. Because of these

recent cases, the Sheriff's Office reminds Loudoun County residents of the following:

- * Never open an email if you do not recognize the sender's name or email address domain.
- * Never open attachments or links in an email unless you know the sender is trustworthy.
- * Make sure the sender is the one whose name appears as "from" by checking the email name and domain.

Loudoun County residents who believe they are victims of this or other scams are encouraged to contact the Loudoun County Sheriff's Office at [703-777-1021](tel:703-777-1021); or file a report online at: www.sheriffloudoun.gov/reportonline

Polling Place Location for Lansdowne Woods Residents:

The Loudoun County Office of Elections is currently advising residents of precinct changes in the county. However, the polling place for our precinct, # 815, has not changed. Residents of our precinct will continue to vote at Belmont Ridge Middle School, 19045

Upper Belmont Place, Leesburg. For additional information on voter registration, absentee voting or the upcoming election on November 3rd, contact the Loudoun County Office of Elections at [703-777-0380](tel:703-777-0380); or go to: www.loudoun.gov/vote or email: vote@loudoun.gov

Inova Loudoun Emergency Department Honored:

The Inova Loudoun Hospital Emergency Department is one of four emergency departments in the United States to receive the 2015 Lantern Award given by the Emergency Nurses Association. This award recognizes emergency departments which exemplify exceptional and innovative performance in leadership, clinical practice, education, advocacy and research.

--- Anita Zatz

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

FUN, FRIENDSHIP AND MENTAL FITNESS

We know that as we age we should make a point of exercising, moving our bodies to keep them limber. Our minds need to be challenged, too. Here are some of the mental games people play at Riverbend:

Mah Jongg Mavens

On Monday evenings at 6:30, Ginny Walczak helps set up for a game she's been playing since moving to Riverbend as one of the original owners. She had never heard of the game before. "It was just a word in the crossword puzzle," she says. Now mah jongg is a popular pastime; in fact, there is even a mah jongg cruise!

Ginny and Teresa Ruddy reminisce about the guru of the mah jongg table when they were new to the game. Betty Pannell was both skilled and serious and required the newcomers to watch for two nights in order to "earn" an invitation to play in her condo on Tuesday. The game was so addictive that they played constantly: weekends, afternoons, evenings. In the party room they sometimes had as many as four tables in play, with four people at each table.

For Cecilia Frenkel, mah jongg helped to Americanize her. She never heard of it in her native South America. A neighbor in the U.S. brought her to a group, and she's been hooked ever since.

Dorothy McMaster is new to the game. It scared her at first, with all the rules and the strange jargon. Now she loves it for the challenge and the fellowship. Lina Moyer, a long-time devotee, won't miss a session. "There's always something new, a different line I haven't tried."

Poker Players

As recently as two years ago, Riverbend had a thriving poker game each Friday evening in the party room. They even played for money! There were a number of women who competed right along with the men. What happened? Interested residents can certainly revive the group.

Scrabble Sisters

Yes, they use the official scrabble dictionary. And, yes, they include the manufactured two-letter words, even though they're not really words. But they insist that they're not super hardcore or cutthroat. If they're not sure of a word's meaning or spelling, for example, someone can look it up in the dictionary.

Ruth Jacoby says, "I fear that I'm addicted." As a young mother in Johnstown, PA, she and her sister-in-law would get the kids off to school and then begin. "We'd moan and groan about the letters we got," she says. When she moved away, she often drove half-way back to Johnstown to meet a friend for breakfast and a scrabble session at the restaurant. For Memory Porter, it's the love of using words and fitting them together. She's been at it for forty years. "It's my game," she says.

There is a Spanish version of the game, Cecilia Frenkel explains. And she even bought a French version in Paris, complete with accent marks, which she gave away. But she's happy to compete in her adopted English on Wednesdays at 6:45 in the Riverbend party room.

Another group plays a variety of games including Rummikub on Wednesday evenings. Card enthusiasts enjoy Hand and Foot, a Canasta-type game, and Shanghai and Sixty-Five, progressive rummies. Recently, an old favorite, Thirty-one, has made a come-back on Thursdays when the party room is free.

Everyone is welcome to join in. Come to the party room any evening to participate. The competition is low key. Even the bridge players who meet on Tuesdays keep the pressure to a minimum. They don't play duplicate; they just have fun. What better way to meet your neighbors and activate your brain?

--- Bernie Nakamura

Welcome

New Riverbend residents this month are :

- Helen Abernathy, who lives on the 11th floor, from Pasco, WA;
- Leo & Ellen Heaney from Canton, MA, now residing on the third floor;
- Thomas C. Messer on the first floor from Tysons and Ashburn;
- Shirley & Bergon Sigmon from Clear Spring, MD, first floor residents.

We extend a warm and hearty Riverbend welcome to all!

Slips, Trips or Falls

It’s time to get rid of flip-flops, coffee tables and scatter rugs.

If you are over 65 years old, you have a one-in-three chance of falling this year. For people aged 80 and over, the risk increases to one-in-two. Most people have a friend or relative who has fallen, or maybe you’ve fallen yourself.

Falls may occur when you have:

- poor balance
- weak muscles
- low blood pressure
- poor vision
- medical conditions, e.g. Parkinson’s disease, stroke.
- multiple medications

Older people fall most often at home, leading to injuries such as cuts and bruises, broken bones, or worse. Fractures are the most serious consequence of falls and occur in 5% of all people who fall. As a result, many people require admission to a hospital or residential care facility. Falls are the second leading cause of unintentional death in homes and communities.

What can you do to prevent falls?

Even if you have had a minor fall that didn’t cause any injury, it may affect your confidence. You should tell your doctor and ask for a health assessment. Often falls can be prevented by taking relatively minor steps, such as changing your medication dosage, altering your glasses or exercising. Reducing risks in your home will help too.

There are steps you can take right now to reduce your risk of falling. Start by making your home as safe as possible. Remove loose rugs, rearrange furniture, and forget the flip-flops.

When you are out and about, take notice of your surroundings and keep an eye out for any potential hazards that may cause you to slip, trip or fall such as curbs and uneven pavements.

Have a health assessment.

If you have had a fall, talk to a doctor or nurse about your chances of falling again

Consider an exercise program

Falls are often prevented by undertaking a regular form of exercise that improves your muscle strength, balance and fitness. Ask your doctor whether the exercise that you are doing, or about to start, will help

to prevent falls. Also get advice from Jane Nash, the LW Fitness Director.

If you fall, CALL 911!

--- Bob Nakamura

Highlights of BOD Meeting

July 30, 2015

LWVA Reports

- Decision made to remove The Globe, rather than repair it. A “Lansdowne Woods of VA” sign will be located at the entrance; design is under consideration.
- Piano in Monroe Auditorium will be replaced with a new one.
- Notice the red curb? It will make directions to loading docks of Riverbend and Blue Ridge more clear to vendors and moving trucks.
- Patio owners --- please heed rules concerning what can be added or changed.
- Crossroads, our new restaurant opens August 18, 11:30 – closing.
- Lansdowne Conservancy is seeking to give us a longer light to cross Rt. 7 at Ashburn Village.

Riverbend Reports

- Cable TV meetings are in progress with Comcast and Verizon as the present contract with Comcast expires at the end of 2015.
- FEA, Facility Engineering Associates, will provide a second opinion on the roof project.
- Call for Candidates letter has been distributed. Candidates will run for two positions on the BOD, and Riverbend’s second chair on the LWVA Board.
- The office will be closed 12 – 1 p.m. daily in order for staff to have lunch and to “regroup.”

Next BOD Meeting: August 27, 2015, at 2:30 p.m.

*Shirley Thorpe,
Secretary*

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