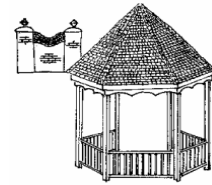


# CIVIC LEAGUE OF PEMBROKE MEADOWS, INC.

Pembroke Meadows, Pembroke Shores,  
and Pembroke Shores Townhomes

CIVIC LEAGUE NEWSLETTER



April 2013

Inside:

Yard Sale

President's  
Ponderings

Goose Recipes

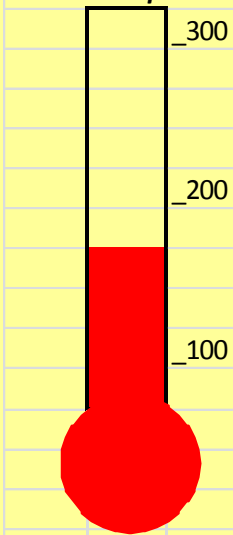
Easter Recap

4-Sale

Recycle

Pool News

Membership Goal



165 Members  
as of 1 Mar

## Next Civic League Meeting Pembroke Meadows Elementary School April 18th, 2013 @ 7 p.m.

### In a FOG lately?

Our neighbor and current 1<sup>st</sup> Vice President, Kate Nixon, will be our guest speaker this month. As the Program Manager for the Fats, Oil & Grease (FOG) and Backflow Prevention Programs for the Department of Public Utilities, Kate will share valuable information on these two programs.

The FOG Program is designed to provide you with the proper tools and knowledge to prevent sanitary sewer pipe blockages that cause backups and sanitary sewer overflows. Simply follow these kitchen best management practices to properly dispose of fats, oils, and grease. By doing so, you will help preserve the environment, our economy, and our health.

#### Residential Backflow Prevention

Kate will help us understand what backflow is, the common mistakes we make around the house that may result in a backflow event and the need for a backflow preventer on your home irrigation system.

## SPRING FLING – Community Clean-up May 4th 8 am - 12 pm

Join our annual clean-up of the neighborhood median, park, waterways, and pool grounds to get us looking good for the summer. Mark your calendar to come help wake the pool from its winter slumber or help with park or median clean up. Many hands make light work and it's a great chance to meet and greet your neighbors as the outdoor season begins. There will be a free cook-out lunch at the pool afterwards.

## Pembroke Meadows Recreation Center

10% membership discount if you join before April 30th.

Please read POOL NEWS article inside this issue for up to date information

# HONEY-DO'S

**Residential Repairs  
No Job Too Small**

**JOHN FILIPIAK**  
Bldg "C" Lic# 2705 037437  
456-5023  
Fax 497-3401

Furniture Repairs  
Installations  
Plumbing  
Porches  
Electrical  
Ceramic Tile  
Wall/Ceiling Repairs  
Woodwork  
Railings



**Sue Lentini**  
REALTOR®  
Seniors Real Estate Specialist  
Short Sales & Foreclosure Resource Specialist

(757) 717-0889  
suesellshouses@aol.com  
www.suesellshouses.com

Rose & Womble REALTY COMPANY



SUE LENTINI  
Gives You Home

*Ficarra Jewelers*

AT HAYGOOD SHOPPING CENTER



WATCH BATTERIES RING SIZING  
CHAIN SOLDERING GIA APPRAISALS  
PEARL AND BEAD STRINGING

**NOW BUYING GOLD**  
363-8771  
FICARRAJEWELERS.COM  
Email bess.ficarra@gmail.com

## Newsletter Ad Rates

- \$ 30 One time – Business Card
- \$135 One year (9 issues) – Business Card
- \$100 Insert (Advertiser provides the insert)
- \$ 60 One time – ¼ Page

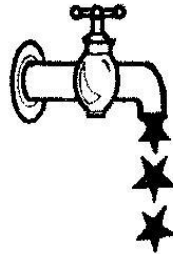
**Montagna's SHOPS**

*Comfort, Fashion and Orthopedic for Men and Women*

**Lucian F. Montagna, Jr., C.Ped, O.S.T.**  
Board Certified Podiatrist

762 Independence Blvd.  
Pembroke Meadows Shop Ctr.  
Virginia Beach, VA 23465  
Phone 420-2034  
(Across From Red Lobster)

Insured Licensed



**Tri Star Plumbing**

"Your Complete Plumbing & Drain Service"

**Herbert Wynne**

497-7827 Va. Beach  
857-7827 Norfolk

Chesapeake 485-7827  
Portsmouth 397-3356  
Cell 404-4743

SHOPPING FOR A HOME EQUITY LOAN?  
THEN BANK@LANTEC IS FOR YOU!

Since 1952, Bank@LANTEC has been providing exceptional consumer and business financial products and services to the Hampton Roads community.

RATES AS LOW AS  
**2.99% APR\***

CALL TODAY FOR MORE DETAILS!  
\*Rates Subject to Change

*a community bank*  
**BANK @LANTEC**  
FDIC www.wherethebank.com

757.671.7900

\*Not subject to change without notice. Rates are subject to change. For more information, call 757.671.7900. Lending subject to credit review. Bank@LANTEC is a member of the FDIC. For more information, call 757.671.7900. Bank@LANTEC is a member of the FDIC. For more information, call 757.671.7900.

**ECAH**

**Elder Care At Home**  
& The Caregivers

Professional Geriatric Care Management and Home Care

THE BEST OF CAREGIVING SINCE 1990

757.464.4800  
4663 Haygood Road, Suite 206, Virginia Beach, VA 23455  
www.geriatriccaremanagement.net

**PLEASE SUPPORT OUR BUSINESS NEIGHBORS !!**

## Median Cleanup

Apr 1 – 15	George Wilson
Apr 16 – 30	Tyler Wilson
May 1 - 15	Marge & Bob Brotman
May 16 - 30	Kate Nixon



To add your name here, call Mike Moore at 557-0328

Volunteers keep our entryway clean and nice looking, won't you please call him to add your name?

## Neighborhood Yard Sale Scheduled for May 18th

At the March meeting, the civic league voted to sponsor a neighborhood yard sale and Cheryl Douglas kindly offered to coordinate. Cheryl will place ads in the newspaper, craigslist and other electronic yard sale sites advertising a neighborhood wide yard sale. These type of group sales often bring in considerably more traffic given that everyone is in a concentrated area. The sales will be strictly at individual homes with no fees charged. If you would like to participate and/or have your address listed on the electronic sites, please contact Cheryl at [puzllr@aol.com](mailto:puzllr@aol.com). She will also place signs at the gazebo and along Pembroke Blvd. on the day of the sale to get people into the neighborhood. You are welcome to add signs at your corners and other decorations, such as balloons, at your individual address to attract attention. Please contact Cheryl by May 6<sup>th</sup>. If needed, a rain date will be scheduled in June.

*Your Friendly Neighborhood Veterinary Hospital*  
**COMPLETE HEALTHCARE, GROOMING, AND BOARDING**


  
**INDEPENDENCE VETERINARY HOSPITAL**

**Dr. Brian Hastings**      **Dr. David Smith**  
 4608 Pembroke Blvd., Virginia Beach, VA 23455  
**473-8560**  
[www.independencvethospital.vetsuite.com](http://www.independencvethospital.vetsuite.com)

## March Meeting Report What we learned about recycling

Wow, we had a bit of an eye-opening experience at the March meeting as our guest speaker answered all of our questions about what can and cannot be placed in the recycling bin. The big catch phrase for plastic is “No spout, throw it out.” That’s right, the only plastic that can go in the bin are bottles that have a spout(except those contaminated with material like motor oil) and the lids can now be left on. **No** plastic bags, yogurt containers, butter containers, cookie trays, Styrofoam, packing peanuts or anything else plastic. Plastic bags can be taken to Food Lion and placed in their bag receptacle. Of course all newspapers, cardboard and even glossy junkmail can be recycled although they ask that all boxes be flattened first. No waxy milk or juice cartons, though! All clear, brown and green bottles are okay, but no windows or mirrors. The other catchphrase for the night...”Use the faucet before you toss it,” in others words, please wash containers first. All aluminum food cans and even aluminum foil are good as long as they are clean.

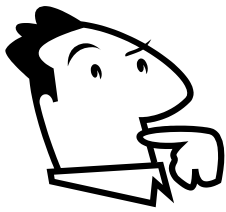
Other metals, household appliances and construction waste can be taken directly to the dump .Batteries can be recycled at the public libraries. To watch a video of how everything is sorted at TFC go to <http://www.virginiatrekkers.com/Recycling/Recycling.html>



## PET LOST & FOUND

Hurray!! We only had 4 lost pets in March and all but one was wearing identification. Remember to put ID on your pet and any visiting pets along with completing a Pet Form. IT IS A FREE SERVICE. Two of the lost pets were returned thanks to the neighborhood notification email program. Thanks Clera and Jim.  
- Gerry Richter





## Presidential Ponderings

As we move into the warmer months, please slow down as you drive and maneuver through our neighborhood's streets. Many of you completed Officer Eichas' survey (in last month's newsletter) and listed speeding as a major concern. Historically this has been a very safe place to live and we'd all like to do our best to keep it so.

At our monthly March meeting, we had a good support to hear a lecture on allowable items for recycling in Virginia Beach. I would like to thank Tim Roy for stepping forward and agreeing to take on the Civic League's Buildings and Grounds Committee. Remember please that many hands, make light work and reach out to Tim and volunteer to assist his committee. Additionally, Jeannette Willenbrink, Karen Roy and Clera Hall have all stepped forward to work on our neighborhood's Welcome Committee. Please let us know when you have a new neighbor so that we may greet them, share some neighborhood information, encourage pool membership, etc.

Kate Nixon, neighbor and Civic League Board Member, will be our speaker at our April monthly meeting. Please see the "FOG" article in this newsletter for an explanation of the topic. I hope to see many new faces in attendance!

Please remember our Neighborhood Spring Fling on Saturday, May 4<sup>th</sup>, 8 a.m. until 12 noon. Over the years the Spring Fling has morphed from median strip, entryway, park and pool clean up to primarily a pool function. I would really enjoy having enough participation again this year to allow us to send a few folks to the median strip and entryway. I know I like it when our entrance is all "spiffed" up and looking pretty. Thank you to those who have responded and volunteered to take a 2-week stint at cleaning our median strip. Please look at your calendars and let me know when you and your family may be able to assist us.

Lastly, and I hate to even put this topic to paper, I have received 3 different phone calls from residents about abandoned needles and syringes found in our neighborhood. I have had reports from the townhomes, the park and, most recently, adjacent to the bench on Pembroke Boulevard. While I cannot personally fathom why anyone would leave these items out in public rather than proper disposal, I do feel the need to alert you all. Please be aware of the possibility and discuss with your children the hazards of these items.

As always, please contact me if there are issues or concerns that you feel the Civic League or I may be able to resolve.

- Donna Price

## A Neighborhood Great Deal

FOR SALE: Old Town canoe, dark green, fair condition. Needs new rattan seats. Paddles and life jackets included. \$20. Kathleen, 499-9131



### Déjà vu Consignment Boutique

1115 Independence Blvd. #118  
Virginia Beach, VA 23455  
(757) 363-2222

[www.dejavuconsignmentvb.com](http://www.dejavuconsignmentvb.com)

Turn Your Closets In To Cash!!!!

The newest in Upscale Women's Consignment  
In the Independence Plaza shopping center between  
Subway and Edible Arrangements

# Our Real Estate Market...

## Big Foreclosure Discounts Fading

According to an article in Business Insider, March 7, 2013, home buyers may not get as great of a deal on a foreclosure as they once did. The number of foreclosures has been decreasing which has caused the discount to lessen. The current discount on average for a foreclosed home compared to other homes has fallen to 12%, which is about the same as before the housing crash. Just last year the foreclosure discount averaged about 30%.

### Homes Currently for Sale

819 St Denis \$159,800  
4401 Hudgins \$799,900

### Homes Under Contract

4425 St Mark  
4424 Cambria

### Homes Sold

720 Abbey Sold for \$200,000  
761 Abbey Sold for \$240,000  
629 Whitechapel Sold for \$165,000

~Sue Lentini~



Debbie Johnston, RN, CEO and founder of Care Advantage Inc., will star in an episode of the ABC reality show, Secret Millionaire airing in the spring 2013.



**One on One" Private Duty Personal Care Services**  
"Whenever, Wherever, and whatever the need may be."

3 hrs a day, 2 days a week or 2 hrs a day, 3 days a week

- ♥ Companionship
  - ♥ Pet Care
  - ♥ Assist with exercises
  - ♥ Bathing/Dressing/Grooming
  - ♥ Child Care
- Personal Care Service**  
\$100.00 code:pm13



Contact Ms. Walker, cell (757) 472-8236, office (757) 436-1711 or  
vwalker@careadvantageinc.com



## Ladies Lunch Group

Take note ladies---here is the lunch schedule for the next three months. It is spring ladies----come on out and join us for some lunch conversation and fun.

On Thursday, April 25th we will have lunch at Tripp's, 101 So. Independence Blvd. at 12 noon.

On Wednesday, May 22nd we are going to Lobo Café for the first time, 1658 Pleasure House Rd. at 12 noon.

And on Thursday, June 27th we will lunch at Ruby Tuesday's, 4488 Virginia Beach Blvd. at 12 noon.

If you are planning on attending, please contact one of the ladies listed below or respond by e-mail several days prior to the luncheon day.

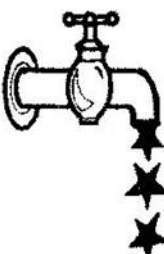
You can contact Joy Guthrie 473-9284, Loretta Watkins 497-2130 or Jeanette 497-0700 or respond by e-mail to [jlwillen@aol.com](mailto:jlwillen@aol.com).

## Ferry Plantation House

Ferry Plantation House is now open for tours on Tuesday, Thursday and Saturday. We have spent the winter cleaning, painting, and making necessary repairs.

Hours are 10 - 3 p.m.

Insured Licensed



## Tri Star Plumbing

"Your Complete Plumbing & Drain Service"

### Herbert Wynne

497-7827 Va. Beach  
857-7827 Norfolk

Chesapeake 485-7827  
Portsmouth 397-3356  
Cell 404-4743

**COMPLETE** 1493 Diamond Springs Road  
Virginia Beach, VA 23455  
[www.compautoinc.com](http://www.compautoinc.com)  
**AUTOMOTIVE** (757) 460-2277  
**Inc.**

10% off body/paint/work over \$1000

\$10 oil change!

- Replace & Rebuild Engines
- State Inspections
- Collision Repair
- Paint & Body Work
- Oil Changes
- Free Body/Paint Estimates
- And Much More!

Serving you since 1988

## Need an easy employee gift? Flower Cards are the answer.

Flower cards make a great employee gift. Whether your employees are male or female, the guys can always score big points by giving them to their wives or girlfriends, or better yet, going and picking up the flowers themselves.



We have until April 18<sup>th</sup> to complete our sales. For \$30 you receive a bouquet each month, plus get additional discounts on other purchases all while supporting our Pembroke Pool. The cards are good at any *Norfolk Florist*.



## 2nd Annual Tikkun Tidewater – Community Recycling Day

Sunday, April 14, 2013 – 1:00–4:00 PM,  
Simon Family JCC Parking Lot  
No need to get out of your car – just drive through and your car will be unloaded!

**Items accepted for recycling:** Cell phones, VCRs, PC towers/desktops, circuit boards, keyboards, iPods/MP3 players, digital cameras, electronic notebooks/laptops, computer mice, cables/cords, eye glasses (NO sunglasses), hearing aids, plastic grocery bags, prescription & non-prescription medications, including pet medications, household batteries (NO car batteries).

**Items NOT accepted:** TV's

## Whats good for the Goose?

Reprinted from: Virginia Beach SPCA “Creature Chronicles”, Spring 2013.

In February, Canada Geese start looking for a nesting site and establish their territories. This is the ideal time for property owners and entire neighborhoods to develop and implement a geese control program that will keep both people and geese safe and happy.


Methods of control that are recommended are:

- Discontinue feeding because geese that are fed by people are difficult or impossible to harass away, will accumulate in great number and have a higher incidence of disease transmission.
- Replacement of lawns with pachysandra, English ivy, vetch, wildflowers or other ground cover will remove the food value provided by a grass lawn.
- Removing and/or modifying (covering) retention basins, installing grid wires over ponds and installing perimeter fencing around ponds and lakes will remove the water as an attractant.
- Three to five foot tall fences, installed during February-March, can deter geese from an area prior to nesting and molting. Perimeter fencing around ponds, lakes, playgrounds, picnic areas, and other sensitive sites can be used during May-July to exclude geese.
- Methyl anthranilate (MA) is a non-toxic taste aversion agent that renders food (grass) unpalatable to geese. MA is a grape flavor food additive approved by the FDA for human consumption, is generally recognized as safe, and poses no harm to people or pets.

For more information on deterring geese on your property, please visit [www.vbspcawildlife.com](http://www.vbspcawildlife.com) or call the Wildlife hotline at 757-263-4762.

Editors note: One of our neighbors had very effective results from an automated yard sprinkler & motion sensor combination.





**Join us**

## Understanding Social Security

A look at the bigger picture

Join us for this educational seminar, where you'll learn key facts about the Social Security program, including:

- How benefits are calculated
- Full retirement age and choosing the right time to file
- Receiving benefits while working
- Provisional income and tax implications
- Options for spouses and ex-spouses

**DETAILS**

April 23, 2013  
6:00 PM  
The Lucky Star- Dinner will be served  
4535 Commerce St  
Virginia Beach, VA 23462

**Guest Speaker:**  
Matt Ward  
Divisional Sales Director  
Protective Life

**Hosted By:**  
Renee Rickrode  
Financial Advisor  
Edward Jones

Please RSVP to:  
Judy Reed  
757-493-7626  
judy.l.reed@edwardjones.com

Following the workshop, you will have an opportunity to schedule a complimentary consultation with the hosting Financial Professional about Social Security and how it can play a key role in funding your retirement. There will be no insurance sales presentation made at this seminar. Neither Protective Life nor the event host is associated with the Social Security Administration.

Edward Jones is a registered broker dealer appointed to distribute Protective Life's insurance and annuity products. Protective Life refers to Protective Life Insurance Company and its affiliates, including Protective Life & Annuity Insurance Company, PRISM offered by Protective Life Insurance Company in all states except New York and in New York by Protective Life & Annuity Insurance Company. Both companies located in Birmingham, AL.

This material contains information regarding the availability of and details surrounding the Social Security and Medicare programs. This information represents only our current understanding of Social Security and Medicare in general and should not be considered legal or tax advice by consumers. Details of the Social Security and Medicare programs are subject to change at any time. Neither Protective Life nor its representatives offer legal or tax advice. Consumers should consult with their legal or tax advisor regarding their individual situations prior to making any legal or tax-related decisions.  
Visit [www.ssa.gov](http://www.ssa.gov) for additional details.

**Protective.**  
Protective Life Insurance Company

104-1054 (01/13)

Not a Deposit	Not Insured by Any Federal Government Agency
No Bank or Credit Union Guarantee	Not FDIC/NCUA Insured   May Lose Value



**The Organizer**



**The Friendly Volunteers**

## Egg-Citing Time at our Park



Threats of wind and showers didn't keep away a small but eager crowd of Pembroke neighborhood children who scampered like bunnies to find the Easter Eggs in the Pembroke Meadows Lake Park.

The Easter Egg Hunt is sponsored annually by the Pembroke Meadows, Shores and Townhomes Civic League and organized by Vivian Hance with help from her family and local students, plus an appearance by her husband, Merrill Hance, dressed as the Easter Bunny.

Activities started with face painting, temporary tattoos, stickers and time to play on the swings and slides in the park. Parents with cameras had plenty of photo-ops of their children with the Easter Bunny. Then the big event: Hunting for plastic Easter Eggs with candy treats inside. This was divided by age into three groups. Everyone found plenty of eggs, and some lucky hunters in each group found a special prize in their egg.

See more photos of the Hunt at our website in the Photo Albums folder



**And they're off**

## Thank You

### To All Neighbors That Cleaned Up Gutters

Folks have cleared up and cleaned up the gutters in front of their properties during our milder days. Not only does it show your property in a better light, but it protects our waterways.

- Gerry Richter



## POOL (PMRC) NEWS

If you are current with your 2013 civic league dues (\$10.00 a year), you are eligible to receive a credit toward your 2013 pool membership.

- \$100.00 for Family or Family Grandparents
- > Family Single Parent or Grandparent
- > \$75.00 for Individual membership, Senior Couple
- > \$50.00 for Individual Senior Citizen

Just download an application from our website. When you complete it, indicate you are a civic league member and subtract your credit.

There is an additional 10% discount if you join before April 30th.

The Thoroughgood Garden Club and the City of Virginia Beach are pleased to present....

### SPRING CELEBRATION

### Art, Crafts and Plant Sale

**Saturday, April 20, 2013**  
**10 am to 2 pm**

- Seasonal Plants for Sale
- Dozens of Artisans and Crafters
- Come and Taste TGC's "Dressing by the Bay"
- Learn about local Environmental Groups

Adam Thoroughgood House  
 1636 Parrish Road, Virginia Beach  
 More Info? [Spring.celebration@yahoo.com](mailto:Spring.celebration@yahoo.com)

## PMCL POINTS OF CONTACT

### Civic League Officers

<i>President</i>	<i>Donna Price</i>	<i>499-5115</i>
<i>First VP</i>	<i>Kate Nixon</i>	<i>546-4004</i>
<i>Second VP</i>	<i>Susan Frohwitter</i>	<i>460-4681</i>
<i>Corres. Sec.</i>	<i>Beverly Wilson</i>	<i>499-0723</i>
<i>Treasurer</i>	<i>Carol Moore</i>	<i>557-0328</i>
<i>Memb. Chrman</i>	<i>Cheryl Douglas</i>	<i>671-2241</i>
<i>Recording Sec.</i>	<i>Barbara Amos</i>	
<i>Webmaster</i>	<i>Clif Furedy</i>	<i>490-5792</i>

### Committees

<i>Bldg/Grounds</i>	<i>Tim Roy</i>	
<i>Entrance/Median</i>	<i>Vacant</i>	
<i>Electrical</i>	<i>George Watkins</i>	<i>497-2130</i>
<i>Flag</i>	<i>Joe Lang</i>	<i>497-2897</i>
<i>Neighborhood Maint.</i>	<i>Robert Westmont</i>	<i>473-1024</i>

### Block Security

<i>Meadows</i>	<i>Stephanie Neihart</i>	<i>456-5795</i>
<i>Shores</i>	<i>Bob/Marge Brotman</i>	<i>497-0565</i>
<i>Townhomes</i>	<i>Phyllis Anglim</i>	

<i>Directory Chairman</i>	<i>Robert Westmont</i>	<i>473-1024</i>
---------------------------	------------------------	-----------------

### Lakes/Waterways Chairman: Jim Willenbrink

<i>Lake Pembroke</i>	<i>Jim Willenbrink</i>	<i>497-0700</i>
<i>Lake Meadows</i>	<i>Charlie Russ</i>	<i>497-5298</i>
<i>Lynnhaven</i>	<i>Jeff Brown</i>	<i>464-0183</i>

### Welcoming Committee Chair: Clera Hall, Karen Roy

<i>Meadows</i>	<i>Jim Price</i>	<i>499-5115</i>
<i>Shores</i>	<i>Lisa Dutko</i>	<i>473-1112</i>
<i>Townhomes</i>	<i>Liz Hayes</i>	<i>472-0283</i>

### Newsletter Editor

<i>Newsletter Ads</i>	<i>Mike Moore</i>	<i>557-0328</i>
	<i>Carol Moore</i>	<i>557-0328</i>

### Pet Lost & Found/Pet Registry

<i>Shores and</i>	<i>Gerry Dashiell-Richter</i>	<i>497-5243</i>
<i>Meadows</i>	<i>Jim Willenbrink</i>	<i>497-0700</i>

### Recreation Center (pool)

<i>Director</i>	<i>Tom Hronek</i>	<i>473-9733</i>
<i>Asst Director</i>	<i>Erin Strasburger</i>	
<i>Treasurer</i>	<i>Lori Hines</i>	<i>557-0101</i>
<i>Secretary</i>	<i>Kim Best</i>	<i>671-1810</i>
<i>PMRC Pool Phone</i>	<i>(in season only)</i>	<i>963-2239</i>



Your 2013 Officers