

CIVIC LEAGUE OF PEMBROKE MEADOWS, INC.

Pembroke Meadows, Pembroke Shores,
And Pembroke Shores Townhomes



CIVIC LEAGUE NEWSLETTER

January 2007

COMING EVENTS & NOTES

January Civic League
meeting at PMES
January 18th @ 7pm

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times in the neighbor-
hood

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Update

Ladies Lunch Update:
New Location- Pem-
broke Pizza and Pasta
Jericho & Indepen-
ance Blvd.

PLANS FOR PROPOSED BANK AT PEMBROKE AND WHITECHAPEL ARE TERMINATED

As briefly reported in the Virginian-Pilot weeks ago, the plans of an entrepreneurial group to construct a "community bank" (First National Bank of Virginia) on the vacant lots at the corner of Pembroke Boulevard and Whitechapel Drive have been terminated. Although the group solicited funds from hundreds of interested investors, they fell short of their required investment goals and have returned the funds.

In as much as our Civic League Ad Hoc Committee had met with the officers and board of the proposed bank and found them to be very community-minded, supportive of our Civic League, and accommodating to our requests (as evidenced by their fine maintenance of the vacant lots, allowing us to use their lots for our Recreational Center Fair, etc.), we regret the loss of such potentially good neighbors. Presumably, the lots are up for sale again.

FREE WORKSHOP

“Downsizing: Weight Loss That Lasts”

Whether it's ten or fifty pounds, excess weight can affect many areas of your life: self-esteem, relationships, your job, and your health. Many people have tried fad diets and other things to try to lose weight with little or no lasting success. This can be frustrating at best. So how can you lose weight and keep it off for good? This motivating workshop will teach you simple and natural techniques that you can use to lose weight, become healthier, and feel great!

LEARN:

- The effects of excess weight on your body and the physiological benefits of getting in shape
- Why fad diets don't work
- Bodily conditions that could be preventing you from losing weight
- How to increase your body's ability to absorb its nutrition
- How to decrease pain so you can exercise
- Simple and natural lifestyle changes you can make to lose weight PERMANENTLY
- How to increase your metabolism and energy levels

Come to the **Civic League meeting Thursday, January 18, 2007 at 7pm**, in the **Pembroke Meadows Elementary Cafeteria**, and learn how to lose some of those pounds we put on over the holidays this simple and natural way!

November Civic League Wine and Cheese at Ferry Plantation House Fun Evening

The November Civic League meeting held at the Ferry Plantation House in conjunction with the Friends of the Ferry Plantation House was a wonderful evening featuring wine, punch, cheese, fruit and FPH's award-winning Crab Apple Jelly... plus the pleasure of seeing the Ferry Plantation House in the process of being dressed for the holidays. Docents/Hostesses Belinda Nash, Gerry Richter and Jeanie Livingston were dressed charmingly in early American costumes (hoop dresses) and gave us a marvelous tour with interesting historical narratives about the plantation, the courthouse, artifacts uncovered in the archeological "dig" underway and about the people who lived and worked here. We learned more about the trial, ducking and exoneration of Grace Sherwood, "The Witch of Pungo", and the future plans for her statue being placed prominently at Ferry Plantation House. Thank you Belinda, Gerry and Jeanie for making it such an enjoyable evening. Door Prizes, donated by The Friends of the Ferry Plantation House, were won by Clera Hall and Peggy Caverly.

Sincere thanks to Kathryn Sager, Store Mgr. of **FOOD LION** for their donation of cheese, fruit, soft drinks and supplies, to **COOPER VINEYARDS of VIRGINIA** for donating the delicious wine and special thanks to the **FRIENDS OF THE FERRY PLANTATION HOUSE** for their gracious hospitality in opening their doors to our Civic League, the use of their beautiful facility and their contribution of door prizes. The Board of FOFPH thanks those members who paid their annual dues that evening and extend a warm welcome to the new members who were inspired to join. And thanks to all who attended and participated in making this a memorable and fun evening.



A Magical Hayride

What a gem we have in our backyards – literally! It has become part of our family tradition to ride the hay wagon through our neighborhood to the Historic Ferry Plantation House singing & jingling along the way. My children enjoy the festivities, the caroling, the crafts and the colonial fare, but perhaps most impressive is the fact the real Santa shows for the occasion.

My six-year old son asked Santa if he had received his "Dear Santa" letter, to which Santa replied, "I am sorry, I have forgotten your name." My son quickly replied, "Samuel," with a nervous and anxious stutter. "Ah," Santa said, "I thought perhaps you went by the name Sam!" Well this was all Samuel needed to hear, "Yes, that's me, it is me... I go by *neither* one, Sam or Samuel!" The moment was magic as Sam beamed with confidence that his letter had arrived to the North Pole in time.

So, for Belinda Nash, Gerry Richter and the countless others who dedicate their time to our neighborhood festivities and to the preservation of the Historic Ferry Plantation House... we thank you! As you can see, we have quite a gem in our neighborhood – in the Ferry Plantation House and the people who make it all come alive! ...submitted by *Christina Campbell-Westmont*

February Civic League Meeting...

Plan ahead for the **February 15, 2007 Annual Pot Luck Dinner!**

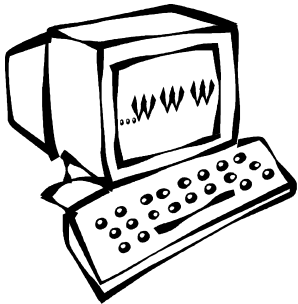
A social evening with friends and neighbors... plan on sharing one of your favorite dishes at our Annual Pot Luck Dinner. Plan Ahead... bring food to share and a hearty appetite!

Garden Club Holiday Decorations

The entrance to Pembroke Meadows/Shores was exceptionally beautiful this year, thanks to the ladies of the Pembroke Meadows Garden Club and their recruited help. The Garden Club provided the pine roping and the red bows for the gazebo and the fresh wreaths for the brick wall. Jeanette Willenbrink made the lovely red velvet bows. Thanks to Michelle Browning and Nancy Shafer for putting the pine roping on the gazebo (we understand it had to be done twice due to the high winds this season!) and to Jimmy Eddings for hanging the wreaths on the brick walls. I can't forget to mention the ladies who toil and sweat to make the median flower beds look nice all year long. Thanks to Bridget South, Peggy Caverly, Anne Rinehart, Jeanette Willenbrink and Clera Hall. Many times you will see Barbara Willenbrink at the median in the early spring fine tuning the lariope.

Our neighborhood was aglow with holiday lights on most of the homes this year. One did not have to go to Norfolk or the beachfront to be wowed by the beauty of the season! Many thanks to all who participated in making our neighborhood light up!

The Garden Club meets every second Thursday each month at a member's home for a brief business meeting and lots of laughs. Please feel free to call Clera Hall, 473-8258, if you would like to attend one of our meetings.



Pembroke Meadows Website Access Update

If you are a computer user that's always on the

"bleeding edge" of new software and have upgraded to Microsoft's newest web browser, Internet Explorer 7, then you may have experienced some problems accessing the Pembroke Meadows Civic League Web site. The IE7 default security settings may block you from entering the access code and advancing to our protected home page. Here's a work-around until Microsoft fixes the bugs so normal web sites still work: Type this:

www.pembrokemeadows.org/main

*Clif Furedy
Webmaster*

~DELIGHTFUL LECTURES~

A wonderful organization, "The Tidewater Antiques and Arts Association" holds a lecture the first Tuesday of each month. Members (\$25 per year) and guests (\$3 guest fee) meet at the Central Library at 10:30AM, enjoy light refreshments, and hear a most interesting lecture. Past topics were about mourning (customs you might recognize from childhood,) a Richmond architectural gem, a famous regional potter, and such. December's topic was Folk music, and January's I: Great portrait painters through the ages. February's is "Building the Chrysler Collection" by Brooks Johnson, the curator of photography at our own Chrysler Museum.

You can go on your own, of course, but it might be fun to carpool and follow up with a lunch outing. If you would like a ride, call Loretta Watkins 497-2130.

Teens willing to work for \$\$

The listed teens are willing to do work for neighbors. Support our youth and hired a teen for those odd jobs.

- Katie Sarazine (14 years old) I am willing to do yard work and any other odd job for my neighbors. I work very hard and do not lolly gag.. My phone is 671-7484

-Jeremy Hamilton (13 years old), willing to do babysitting (ages 4 to 11), yard work, vacuuming/dusting and is open to suggestion regarding other work needed. 497-0395 Thank you.

-Stephanie White (16 years old) available for yard work and babysitting (taken babysitting course including infant and child CPR), can watch children at her family home if necessary due to allergy to cats. Contact her at her home phone : 363-2168

Submission to: Kim Vaughan 499-6945 / kgvaughan@cox.net

* Parent's permission required, home addresses not listed for security reasons.

New Advertising Rates Effective January 1, 2007

The Pembroke Meadows Civic League Newsletter is a cost-efficient way to reach over 700 homes and businesses in the Pembroke area. Advertising rates for 2007 have been adjusted after eight years, in order to cover current printing and distribution costs. Our past advertising partners have relayed consistent satisfaction, as well as numerous success stories from their advertisements in this newsletter. Even at the new rates, it's still a great value! A business card size ad is only \$120 for the entire year's nine issues— that's less than 2 cents per household/business per issue, and we do all the printing and distribution for you!

For full details of ad sizes and pricing available, please visit our website www.pembrokemeadows.org or contact the Vaughans at 757-499-6945.

POOL HAPPENINGS

HAPPY NEW YEAR!

The PMRC Board is working this off -season making repairs and plans for a few changes this summer at the pool. As many of you know, we were approached by T Mobile to place a cell tower on the property. Thanks to the hard work of Bob Berry, Earl Lee, and Don Sanders the lease has been officially signed. This allows T Mobile to move in an official capacity with the city.

The **2007 application** is on the civic league web page and is included in this newsletter. The board hopes many of you will consider joining the fun down at the pool this summer. There is a payment plan with a \$50 deposit and all membership fees must be paid by opening day. There is an early bird special by April 30,2007. Price varies based on the membership type. Please see the application for further details or you can call Tammy Haddock at 464-3394 or Kris Jackson at 486-3696.

DINNER AND AN AUCTION

When? Friday, February 2, 2007

Where? Haygood Methodist Church

Time? 6-9 pm

Price? \$5 per person for a fabulous spaghetti dinner and desert.

We will be having a live and silent auction to benefit the pool. There are some wonderful donations ranging in restaurant certificates to jewelry to a pool membership! **You do not have to attend the dinner to attend the auction.** Stop by and bid on a few wonderful items! **If you would like to donate an item or a service to the auction,** : Cindy Cooper at cindycooper@cox.net or 473-0850.

Tickets will be sold starting January 15,2007. Tickets are limited! Get yours before they are gone! Call Jeanne Blair at 497-8844, Tammy Haddock at 464-3394 or Cindy Cooper at 473-0850 to buy your tickets for dinner. **Thanks for all your continued support of the pool!**

Kris Jackson, Director

Grease Myths Debunked

We've all heard them. We may even believe them. Grease myths are as common as urban legends. Here are a few of the most common myths about grease and drains.

It's ok to pour grease down the drain as long as...

- **I use the garbage disposal. MYTH.** The garbage disposal only grinds up items before passing them into the sewer pipes.
- **I chase it down with a dose of dish soap. MYTH.** It's true that soap breaks up grease— you see it happen every time you wash your dishes. But what you don't see is what happens in your sewer pipes. Eventually, soap loses its effectiveness and grease solidifies and congeals on pipe walls.
- **I run hot water. MYTH.** This myth is similar to logic to chasing grease down the drain with soap. Eventually, the water will cool, and the grease will solidify.
- **It is a liquid at room temperature. MYTH.** Liquid cooking oils, like canola and olive oil, float on waste water and easily adheres to sewer pipes. The oily film can collect food particles and other solids and begin to create a blockage.
- **TRUTH:** The best way to dispose of cooking oil and grease is to pour it into a heat-safe container, and store it in the freezer. On trash day, throw the hardened grease away. If you use very little oil while cooking, simply wipe the cooled pan clean with paper towels.

<u>Committees</u>		
<i>Bldg/Grounds</i>	<i>Wes Denton</i>	<i>499-2996</i>
<i>Entrance/Median</i>	<i>Jim Price</i>	<i>499-5115</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>Barbara Willenbrink</i>	<i>554-0092</i>
<i>Programs Chairperson</i>	<i>Joe Avoli</i>	<i>497-7117</i>
<i>Directory Chairman</i>	<i>Robert Westmont</i>	<i>473-1024</i>
Lakes/Waterways Chair: 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>Robert Westmont</i>	<i>473-1024</i>
<i>Newsletter Editor</i>	<i>Kim & Roger Vaughan</i>	<i>499-6945</i>
<i>Newsletter Ad Coordinator</i>	<i>Kim & Roger Vaughan</i>	<i>499-6945</i>
<i>Webmaster</i>	<i>Clif Furedy</i>	<i>490-5792</i>
<i>Social Committee</i>	<i>Vivian Hance</i>	<i>477-3273</i>
Welcoming Committee Chair.....open		
<i>Meadows</i>	<i>Donna 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>
Pet Lost and Found/Pet Registry		
<i>Shores</i>	<i>Belinda Nash</i>	<i>490-2504</i>
<i>Meadows</i>	<i>Jim Willenbrink</i>	<i>497-0700</i>
<i>Pool Phone</i>		<i>963-2239</i>

If you are interested in the Welcoming Committee Chairperson position, please call Don Sanders at 499-7987.

For corrections or submissions to this newsletter, contact the editors via email at rogertvaughan@cox.net, or call 499-6945.

<u>Officers, Civic League</u>		
<i>President</i>	<i>Don Sanders</i>	<i>499-7987</i>
<i>First VP (temporary)</i>	<i>Peggy Caverly</i>	<i>490-0925</i>
<i>Second VP</i>	<i>Travis Little</i>	<i>671-7885</i>
<i>Corres. Sec.</i>	<i>Danielle Kressig</i>	<i>965-2386</i>
<i>Treasurer</i>	<i>Jim Hall</i>	<i>473-8258</i>
<i>Membership Chair</i>	<i>John Sheadel</i>	<i>499-0678</i>
<i>Recording Sec.</i>	<i>Terri/Bill Hawley</i>	<i>473-1936</i>
<i>Pool Director</i>	<i>Kris Jackson</i>	<i>486-3696</i>

Please note that Don Sanders' Email address has changed. His new address is:
dssanders@cox.net

C&M Cafeteria Closes
 We're saddened to note that our longtime business partner C&M Cafeteria closed its doors to business last month. A letter posted thanks those who patronized the establishment and cites "circumstances beyond our control" as the reason for closing. Anyone having outstanding gift certificates should contact 499-9744 for further information. We'll definitely miss the good food and friendly atmosphere.

MEDIAN WATCH

To sign up for median strip duty, email **Travis Little** @ littlhom@yahoo.com or **Jim Price** at **499-5115** or e-mail at jdprice@Cox.net.
 Thanks for your help!

Pembroke Meadows & Shores Civic League Median Strip Clean-up	
DATE 2007	VOLUNTEER
Thanks to:	Peggy Caverly and the TEEN Committee
January 15-31	Open- please call!
February 1-15	Open- please call!
February 16-28	Open- please call!

Classified Ads

CHILD CARE: 26 year old mother of two. Available to provide before and after school care, parents' night out, etc. All day care in my home in Pembroke Meadows Townhomes area. Please call 644-6468- references provided upon request.

FOR SALE: C.T.M. HS-2800 Power Chair
 This is one of the best chairs on the market. Brand New! Was \$2600.00, Now \$2200.00
 Please call Linda Moyer 499-6282.

*Place your classified here! Three free per year for Civic League Members.
 Contact 499-6945, or kgvaughan@cox.net*

CELL PHONE TOWER UPDATE

The PMCL now has a signed contract with T-Mobile. The Conditional Use Permit Application and final drawings were given to the City of Virginia Beach on Dec 27, 2006. We are now waiting for the city's comments. They should respond in 3-4 weeks.

Don Sanders
 PMCL President