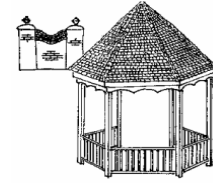


# CIVIC LEAGUE OF PEMBROKE MEADOWS, INC.

Pembroke Meadows, Pembroke Shores,  
and Pembroke Shores Townhomes

CIVIC LEAGUE NEWSLETTER



February 2012

Inside:

President's  
Ponderings

Animals in  
pain

\$100 give-a-  
way

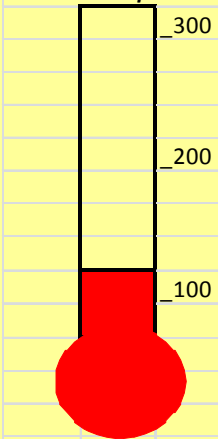
2012 Pool  
Applications

House  
Hazards

Death &  
Taxes ☺

Pool News

Membership Goal



130 Members  
as of 1 February

## Next Civic League Meeting ANNUAL POTLUCK DINNER Pembroke Meadows Elementary School February 16, 2012 @ 6 pm

Come join us at the annual civic league pot luck dinner. For this favorite civic league event, **we begin at 6:00 p.m.** in the cafeteria of the Pembroke Meadows Elementary School. Your civic league will provide the plates, plastic flatware, napkins, sodas and neighbors! We ask that you bring a food dish to share with us. Our usual motto for this evening is "all eating – no meeting", but we have one short business item – a vote on the proposed 2012 pool membership stimulus plan. We looking forward to seeing you again or meeting you for the first time.

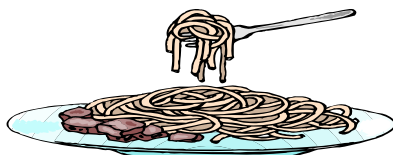
**NEW THIS YEAR at the POTLUCK DINNER –**  
\$100 raffle \*\*details inside\*\*

## 2012 PMCL membership reaches 130

WOW! What a great group of punctual neighbors. This past month 130 families paid \$10 to join our civic league. We have 650 houses in our neighborhood and usually average 230 members. We are over halfway to our goal! What do you get for your \$10? If you never come to a civic league meeting, you get your newsletter and, fortunately, the efforts of others who voluntarily help to maintain and guide our neighborhood. If you come to meetings, you can have input into where we put our efforts, who you would like to hear speak and a chance to meet your neighbors. Since we've rebuilt the gazebo and resurfaced the pool, there's plenty of time to talk about whatever members suggest! Mike Moore – Treasurer

## Pembroke Meadows Recreation Center Family Spaghetti Dinner Fundraiser

Sunday, February 26, 2011, 5:30-7 PM



Old Donation Episcopal Church  
More details on page 8

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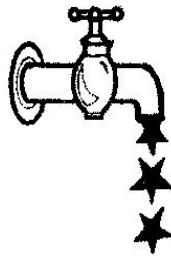
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Cell 404-4743

**Renee Rickrode**  
Financial Advisor

## Edward Jones

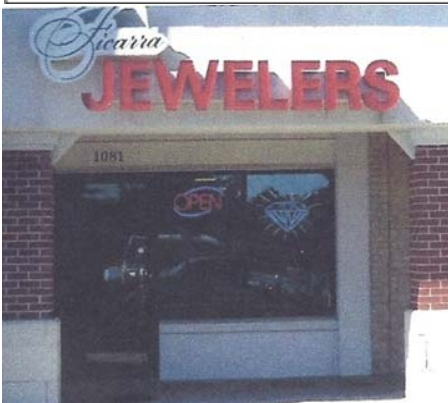
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- \$ 60 One time – ¼ Page

**PLEASE SUPPORT OUR BUSINESS NEIGHBORS !!**

## Median Clean Up

To see your name here, call Brian Miller at 499-0039

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



## PET LOST & FOUND

Please register your pets in our neighborhood's FREE Pet Lost / Found Registry. Forms and details are on line at [www.pembrokemeadows.org](http://www.pembrokemeadows.org).

- Gerry Richter

## ANIMALS IN PAIN

Our January guest speaker was Dr Brian Hastings from Independence Veterinary Hospital.

He talked about indicators of pain and its treatment in animals. Since very few will cry out in pain, the #1 sign is a loss of activity as well as obvious limps or stiffness. If you are given pain meds for your animal, please use them, they can't tell you if they are still hurting. NSAIDS can make a big difference for your older dog's quality of life and joint supplements can help, too. Dr. Hastings advocates good regular exercise, i.e. a walk everyday. Beware becoming a "weekend warrior", your animal may suffer as much as you do.

Referrals are appreciated and they give up to a \$20 credit to the referring party.

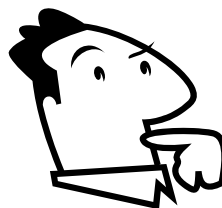
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## PRESIDENTIAL PONDERINGS

February 16 at 6:00 is the annual Pot Luck Dinner for the neighborhood. I mistakenly noted in last month's newsletter that it was 6:30. So the fun, food, frivolity and fellowship start a half hour earlier. Woo hoo! Bring one of your favorite dishes to share. Kids are welcome. It will be in the cafeteria at Pembroke Meadows Elementary School.

The March Civic League meeting (March 15 at 7 p.m. at the elementary school's all purpose room) will host a home energy expert. Thanks to Peggy Caverly for arranging this special guest. The civic league board is always looking for interesting guest speakers; if you have any ideas, just let us know.

The Recreation Center is hosting a spaghetti dinner at Old Donation Church on Sunday, February 26. Tickets are available through the pool board. You can contact the director (Jeanne Blair) for more information.

The date of our annual Spring Fling has been set: May 5<sup>th</sup>. Maybe we'll also have Mexican food for lunch that day: Cinco de Mayo and all. Pencil this in on your calendar; punch it into your smart phone; whatever works for you.

There was a recently reported burglary in our hamlet. Please be ever mindful and eye those with bad intent. Take note of suspicious circumstances. Jot down descriptions and license numbers. Let's make our neighborhood unwelcome to would-be thieves.

Last month, there was a major fire to the St. Mark home of a couple who are long time residents here. They are temporarily living in another house, also in the neighborhood. If you know the Davenport's, it may be nice to check in on them.

Hope to see you all at the Pot Luck.

Jim ([forprices@verizon.net](mailto:forprices@verizon.net))

**A 2012 pool membership application is included in this newsletter. Prices are unchanged from 2011. Your Civic League has proposed a stimulus plan that will further reduce the cost for members.**

## Ferry Plantation House

### **St. Patricks Day Tea-- March 17<sup>th</sup> 1-3 p.m.**

This will be a lovely tea with true Irish fare. Proceeds from our teas help to restore our lovely legacy.  
Donations- \$25. Make your reservations now. 473-5182

### **May Day Tea-- May 5th 1-3 P.M.**

Reservations for our May Day Tea can be made in advance now by calling 473-5182



## Ladies Lunch Group

The tentative schedule for the next three months is:

**February 22 (Wed.) Sweetwater Cuisine**  
(formerly Coastal Catering which was in the Willis Wayside complex) 4216 Virginia Beach Blvd., Suite 140 Time is at Noon.

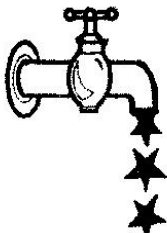
**March 22 (Thurs.) Panera Bread** (next Michaels) Constitution Drive at Virginia Beach Blvd. There will be a different time at this restaurant since their busiest period is at noon. We will list that in the newsletter next month.

**April 25 (Wed.) Tripp's**, 101 South Independence Blvd. The time is set for noon.

This is a very enjoyable lunch outing and we welcome all to join with us. Please call or email your reservation as we always call ahead with our numbers for the restaurant. You can call either Loretta Watkins 497-2130 or Jeanette 497-0700

We will look forward to seeing you at one of these luncheons. Jeanette

insured Licensed



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## **No Woman Alone**

Have you heard of Barrett Haven, Inc.? Barrett Haven is not an emergency shelter, but rather a "transitional home." It is a 24/7 facility designed to break the cycle of homelessness for single and single pregnant women and their infants. Residents participate full time in productive work. In fact, the core philosophy of Barrett's program is that only through active education, training, and full time employment can a woman become self-sufficient and independent. You can read about it at [www.nowomanalone.com](http://www.nowomanalone.com).

Sixty percent of their funding comes from HUD, but while costs rise, funding does not. The house they use is old and drafty. They need bed and bath linens, small household appliances, personal hygiene products, cleaning supplies, stamps, and office supplies. A few more are listed on the website. They need monetary donations, too.

If you can help and want to, call me at 497-2130 and I will come get your donation (no heavy stuff like furniture, please.) Or call them directly at 757-624-6990. The manager is Peggy Holmsly (I may have that name spelled wrong.)

Thank you and remember the old saying, *There, but for the grace of God, go I.*

Loretta

## POTLUCK PRIZE

There is a great new twist to our annual Civic League/neighborhood pot luck supper - a \$100 cash prize, to be raffled off at the pot luck supper on Thursday, February 16, 6 PM, in the school cafeteria.

To receive a raffle ticket, you must have paid your 2012 Civic League dues (still a mere \$10 and payable at the door) and participate in the pot luck by bringing a dish to share.

Even if you don't win, you and your family will be all the richer for having spent time getting to know your neighbors. Plus you'll have the opportunity to sample some great culinary creations.

We hope to see you there!



## FUNERAL PLANNING

FCAT presents: Caring for Your Loved Ones  
by Planning for Your Death

Saturday, March 24, 2012

8:30 AM (registration) 9:00-1:00 PM  
(workshop)

Great Bridge Baptist Church  
640 Battlefield Boulevard South  
Chesapeake, VA 23322

Are you “**Good to Go**”? Come to this 4-hour workshop and leave with specifics on your rights, options and considerations to complete a plan for your final exit! Join author Karen Jones as she leads us through information and worksheets based on her book *Death for Beginners: Your No-Nonsense, Money-Saving Guide to Planning for the Inevitable*.

With humor, facts and insight, we'll examine the pros, cons, costs, and how-tos on topics including body disposal, burial, cremation, casket, urns & cemetery choices, ceremony and reception choices, notification and paper organization and helping loved ones with grief. Then, we'll plan your choices to accomplish the difficult but necessary task of planning for death.

The workshop will emphasize practicality and frugality, giving you valuable information on saving money in these hard financial times. If smart choices are made beforehand, then expensive choices made from grief will not happen. You'll gain peace of mind by knowing how to complete a structured plan that will ease the emotional and financial burden on loved ones left behind, you'll feel good about having accomplished this difficult task, and will have laughed a bit while doing so.

*The Funeral Consumers Alliance of Tidewater is the local chapter of a national consumer education group created to let people know they have choices in funeral planning. FCAT volunteers educate planners on their legal choices and make sure they're not pressured to create a funeral they will later regret.*

For more information about FCAT visit  
[WWW.SMARTFUNERALSVA.COM](http://WWW.SMARTFUNERALSVA.COM),

For more information about the workshop  
call 757-428-5134 or email [smartfunerals@gmail.com](mailto:smartfunerals@gmail.com)

## We'll Leave A Light On For You

You may have noticed that we again have four working lanterns on the median entrance walls. The one on the south side wall had been blown over during a windstorm and was hanging by its wires. The fixture was damaged and the electrical system was shorted out by rain. City Lights Electric repaired the lantern for us, then Jim Price, George Watkins, and George's son-in-law Tim Padden replaced the lantern. Thanks, gentlemen, for your efforts.



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## Lynnhaven River NOW Pearl Homes

Please consider applying to become a Pearl Home through Lynnhaven River NOW's new initiative. Homeowners who meet at least 15 criteria out of about 40 will be designated a Pearl Home and will receive a lovely flag they can display in their yards. Criteria on the list include recycling, using reusable shopping bags, composting, reducing the size of your lawn, planting more native plants and trees and using a rain barrel. If you would like an application, you may call Lynnhaven River NOW at 962-5398 or go to

<http://www.lynnhavenrivernow.org/files/>

## February Gardening Tips

It may seem like spring is already here with this warm weather, but there are a few chores best done in the month of February. This is the month to prune Crepe Myrtles, Nandinas, Lariope, roses and fruit trees. DO NOT prune anything that flowers in the Spring, such as azaleas and rhododendrons, or you won't have many flowers. It is also the time to start germinating seedlings for Spring planting. If you use dormant oil spray to control insects like tent caterpillars and bag worms, do it this month when the day time temperature gets to a consistent 50 degrees (seems like it's been there for a month!).



## Hidden Hazard in Your Home

If you're new to our neighborhood, we have a surprise for you. Almost all the homes in Pembroke Shores, as well as a few in the Meadows, were built with electric wire made of aluminum rather than copper. Under the right circumstances, aluminum wire can be safe. But if not installed and treated properly, it can be a serious fire hazard. Aluminum wire is no longer used in residential construction for this reason.

Many newer electricians have little experience with aluminum wire and may be completely unfamiliar with its problems. *That means you have to educate yourself about aluminum wire and be sure you either hire an experienced electrician or use the proper procedures in any do-it-yourself projects.*

Unlike copper wire, which is relatively stable, aluminum wire deforms easily, expands and contracts more, is brittle and oxidizes immediately. These characteristics can make a high resistance electrical junction and that means heat. Heat makes everything worse. If a joint becomes hot enough, it can cause a fire.

The number one recommendation by the experts is to replace all aluminum wire with copper. Unfortunately, this is expensive and often extremely difficult. The second recommendation is to hire a certified electrician to use a special tool to bond a copper pigtail to the end of all aluminum wires. However, because there are fewer and fewer homes with aluminum wire, electricians with the equipment and certification have become scarce and therefore, expensive.

Although not a complete cure, there are procedures and hardware that will reduce the risks associated with aluminum wire:

- Always use switches and receptacles rated CO/ALR (Copper/Aluminum Revised). These replace any older fixture rated only CO/AL (Copper/Aluminum). Never use switches or receptacles rated only for CU (Copper). Sadly, there are currently only a few manufacturers and models of CO/ALR devices.
- Always use an anti-oxidant compound on all aluminum wire joints. For example, most electrical suppliers sell Ideal NOALOX and GB Ox-Gard. Better still is a non-flammable anti-oxidant compound called Penetrox A-13 from Burndy, which some experts consider superior. Carefully follow the procedures that come with the product to apply the compound and remove the existing aluminum oxide on the wire.
- Always use wire nuts or splices rated for aluminum to copper. Do not use wire nuts that are only rated for copper (Cu/Cu). Although expensive, these splices provide increased safety for joining aluminum to aluminum or aluminum to copper wire. Look for the "UL Listed" seal as a guide to products that have the materials and construction to reduce the risks

associated with aluminum wire. One product that is UL Listed is "AlumiConn" from King Innovation. These AlumiConn splices are available on line at [www.kinginnovation.com](http://www.kinginnovation.com), in a 10-pack for \$37.00.

- Never connect stranded copper wire to aluminum wire. If you must make a splice, such as to a ceiling light fixture with stranded wire, make a short pigtail of solid copper wire between the stranded wire and the aluminum wire.

*For more detailed information about aluminum wire, you should visit the Consumer Product Safety Commission web site:*

<http://www.cpsc.gov/CPSCPUB/PUBS/516.pdf>  
or go to [wikipedia.com](http://wikipedia.com) and look-up "aluminum wire".

You may be tempted to say "Nothing has happened so far..." but problems in aluminum wire may not develop for years or until an unusually heavy load, such as a hair dryer or portable heater is plugged in. So take a few minutes to make yourself smart and then you can more accurately assess the condition of the wiring in your home. In the meantime, make sure you have fresh batteries in all your smoke detectors.

- Clif Furedy



## Little Red Wagon Foodbank Collection

Joanne Batson, Chief Executive Officer for the Foodbank of Southeastern VA wrote to me (Pembroke Meadows/Shores rep with the little red wagon).

"Your last donation of 106 lbs. of food will provide 88 meals. Your care and concern make the difference. Because you chose to take the Foodbank's mission to heart, others will not have to make the choice between food and other necessities."

I've said it before, but I'll say it again. This is a great neighborhood of caring people and I am proud to have you as my neighbors!

If I have missed your home on my walkabout with my little red wagon, please feel free to drop your donations at my home, 4501 St. John Ct., and I will be happy to see that your contributions are delivered to the Foodbank. Call 490-0925 if you have questions or wish to see records of your donations. Some most needed items are: tuna, peanut butter, soups and stews, canned fruits and vegetables, juice, cereal and pastas. PLEASE, NO GLASS CONTAINERS.

**For 2011, you contributed 1,048 pounds of food. That's a lot of meals! Thank you all for keeping on caring.**

--Peggy Caverly

## TAX Corner

### Virginia Offers Free Tax Filing Online:

The Virginia Free File program offers taxpayers simple and free options for filing both state and federal tax returns.

*What is Free File?* The Virginia Free File is a public-private partnership between the Virginia Department of Revenue and electronic tax software companies that donate their online tax preparation and e-filing services to eligible Virginia taxpayers at no cost to the taxpayers or to the Virginia State government. It is based on the IRS Free File program.

*Who is Eligible?* Approximately 70% of all Virginia taxpayers are eligible to use the brand-name tax software products offered through Free File to prepare and electronically file their federal *and* state income tax returns online for free. To see if you are eligible, go to [www.tax.virginia.gov](http://www.tax.virginia.gov)

### Super Saturday Free Tax Help

PEMBROKE MALL  
YOUTH CAREER CENTER  
FEBRUARY 18, 2012, 9 AM TO 2 PM

Super Saturday Tax Preparation provides taxpayers with household income of less than \$49,000 free assistance with their tax preparation. Households eligible for Earned Income Credit could see refunds up to \$5,751.

Highlights:      Free tax preparation  
                         Electronic filing  
                         Guided self-preparation  
                         Employment assistance  
                         Free financial planners  
                         Virginia Saves  
                         Bank On Partners and more

Contact person: Christina Brooks 757-233-8686

## Military Spouse of the Year

Our neighbor Erin Strasburger is one of five Navy finalists for recognition as Military Spouse of the Year (YES – for the entire US Navy!). Erin is a Navy wife, a mother of two outstanding children, operates her own pilates business, volunteers at Pembroke Meadows Elementary, is Assistant Director of our neighborhood swimming pool, and still is able to offer amazing support for other Navy families. As this newsletter goes to print we are waiting to see the final results of voting. If you ever see her slow down, congratulate her!!



## Roger Vaughan Memorial Bench

With a final check from the Pembroke Meadows Civic League, I have been able to gather enough money for a memorial bench for Roger Vaughan. The green bench will be placed in the park across from the pool and will bear a plaque honoring the memory of one who gave so much to his community, family and friends. As soon as I have information about the date of the placement of the bench, I will be sure to send out an announcement. I would like to have a small ceremony, if possible, to dedicate and maybe bless the bench. A BIG thanks to all who made this possible.

- Jody Ullmann  
Mud Puddle Science, LLC

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Meet one of our new advertisers, ECAH. President and CEO, Marliyn C. Fall writes that ECAH promotes community based care and addresses caregiving problems. Some of the services provided by her company include:

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- Supported independence, when advisable
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- Medication monitoring
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- Personal advocacy and support
- Care supervision

Call or check the website for more information.

# Pool News

The Annual Spaghetti Dinner will be held at Old Donation Episcopal Church on Old Witchduck Rd (same as last year) on Feb 26 from 5:30 -7:00 pm. Tickets are \$8.00 for adults and \$5.00 for children 6-12 (under 6 is free). Come join us for a great dinner and a time to catch up with pool friends.

Norfolk Florist Cards will be available for purchase in mid-February. So you have two opportunities to help support the pool.

Contact any **2012 PMRC Board Members** for tickets or cards:

Jeanne Blair - 319-3366

Kim Best - 671-1810

Jason Nixon, Lori Hines, Tina Ridgeway, Tom Hronek, Erin Rabe, Mike Moore.

The pool is sponsoring a community Yard Sale March 31<sup>st</sup>. Collection days will be in next month's newsletter and by email. We will also be advertising in the paper - if you wish to add your name to the list of yard sale sites the fee will be \$5.00. Contact Jeanne if you want to help organize this event or have experience that you can share with us.

Our Spring fling is scheduled for May 5<sup>th</sup> from 8-12. Mark your calendar to come help wake the pool from its winter slumber or help with park or median clean up.

There should be a 2012 application in this newsletter, we hope you join us.

- Jeanne



Happy 2012 PMCL officers at Jan 2012 meeting  
Jim, Loretta, Cheryl, Kristine, Brian, & Mike

## PMCL POINTS OF CONTACT

### Civic League Officers

<i>President</i>	<i>Jim Price</i>	<i>499-5115</i>
<i>First VP</i>	<i>Kristine Martin</i>	<i>499-4356</i>
<i>Second VP</i>	<i>Brian Miller</i>	<i>499-0039</i>
<i>Corres. Sec.</i>	<i>Peggy Caverly</i>	<i>490-0925</i>
<i>Treasurer</i>	<i>Mike Moore</i>	<i>557-0328</i>
<i>Memb. Chrman</i>	<i>Cheryl Douglas</i>	<i>671-2241</i>
<i>Recording Sec.</i>	<i>Loretta Watkins</i>	<i>497-2130</i>
<i>Pool Director</i>	<i>Jeanne Blair</i>	<i>319-3366</i>
<i>Webmaster</i>	<i>Clif Furedy</i>	<i>490-5792</i>

### Committees

<i>Bldg/Grounds</i>	<i>John Seyar</i>	<i>497-8568</i>
<i>Entrance/Median</i>	<i>Brian Miller</i>	<i>499-0039</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>

### Directory Chairman

*Robert Westmont 473-1024*

### 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: Open

<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>472-0238</i>

### Newsletter Editor

*Donna Price 499-5115*

*Newsletter Ads Mike Moore 557-0328*

### 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>Jeanne Blair</i>	<i>319-3366</i>
<i>Asst Director</i>	<i>Erin Strasburger</i>	
<i>Treasurer</i>	<i>Lori Hines</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>

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Serving Beer, Wine & Food-  
Complimentary Admission Tickets  
will be given to Civic League Members  
at all Civic League Meetings