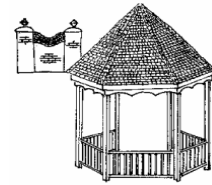


CIVIC LEAGUE OF PEMBROKE MEADOWS, INC.

Pembroke Meadows, Pembroke Shores,
and Pembroke Shores Townhomes

CIVIC LEAGUE NEWSLETTER



May 2013

Inside:

Yard Sale

President's
Ponderings

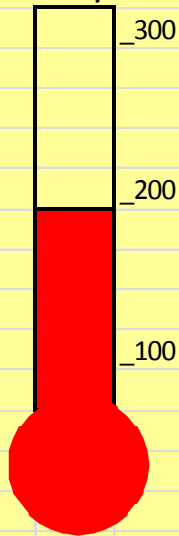
Ferry
Plantation
Kids Camp

Pool News

Help the Cub
Scouts

Please Don't
Kill the Bees

Membership Goal



200 Members
as of 1 May

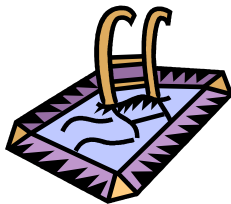
Next Civic League Meeting Pembroke Meadows Elementary School May 16th, 2013 @ 7 p.m.

Last meeting before we break for the summer! Come put your 2 cents in and get a cookie!

NEIGHBORHOOD YARD SALE Saturday, May 18th

8 am to 2 pm

34 families are signed up! If you aren't selling then go out buying! Maps with addresses of participating homes will be available from each seller. More inside!



FREE NEIGHBORHOOD SWIM! Sunday, May 26 – 11 A.M.

We invite everyone in our neighborhood to join us at the pool for one free day of swimming. Bring your friends and enjoy a relaxing Sunday by the pool. **Try us – like us – then join us!**

CLEAN THE BAY DAY Saturday, June 1st, 8-11 a.m.

Our civic league, along with neighboring communities will participate in this year's Clean the Bay Day. Our volunteer commitment is to remove trash from our neighborhood lakes and their adjacent shores and drains (e.g., gutters). See details on page 3.

HONEY-DO'S

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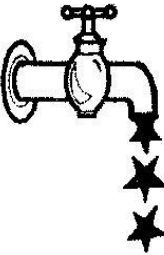
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| | Cell | 404-4743 |

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Median Cleanup

| | |
|-------------|---------------------|
| May 1 - 15 | Marge & Bob Brotman |
| May 16 - 31 | Kate Nixon |
| Jun 1 - 15 | Barbara Amos |
| Jun 16 - 30 | |



To add your name here, call Tim Roy at 478-0980

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

Neighborhood Yard Sale Saturday May 18th

Our Community Yard sale will run from 8 am to 2 pm. Participating homes will have maps with addresses of all the sellers available. At 3 pm a truck from a local charity will come around to collect any leftovers for donation. Please have items bagged and waiting near the curb.

It's not too late to participate, you may not have your home listed on the map, but there is nothing to stop you from setting up shop and taking advantage of the traffic. If you decide to do this, please still contact Cheryl just so that we have an accurate count of participants when planning for the future.

Thank you,
Cheryl Douglas
671-2241 - home
573-4144 - cell
puzllr@aol.com



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www.independencvethospital.vetsuite.com

CLEAN THE BAY DAY

As we have done for the past 24 years, our civic league, along with neighboring communities will participate in this year's Clean the Bay Day, on Saturday June 1st. Our volunteer commitment is to clean up trash from our neighborhood lakes and their adjacent shores and drains (e.g., gutters).

Volunteers are encouraged to participate in this statewide effort to improve the cleanliness and quality of the Bay's waters and tributaries. The time for this event is 9:00 a.m. until 12 noon; however, if you cannot make it that Saturday but can help earlier that week, please contact one of the co-zone captains, Jeff Brown (464-0183) or Jim Willenbrink (497-0700).

You may also contact one of our area coordinators below if you prefer to help in a specific area:

Bob Lukeman, 497-2841: Lake Pembroke North (@ Independence Blvd)
Frank Mulcahy, 499-6699: Lake Pembroke East (@ spillway)
Fred Willis, 490-3002: Lake Pembroke West (west of Independence)
Jim Hall, 473-8258: Old Donation Creek and Cove
Jeff Brown, 464-0183: Pembroke Meadows Park and Thurston Creek

Each volunteer can receive a free Cinema Cafe Ticket and a certificate of participation (to qualify for "community service")

Thanks again to Cinema Cafe. For years, Cinema Cafe has donated free movie tickets for our various volunteer efforts.



April Meeting Report What we learned about FOG

While most of us know not to pour cooking fats, oil or grease down the kitchen drain and to dry wipe pans and dishes before washing, we learned some other surprising sources of fats at the April meeting. The only milk that can go down the drain is skim milk and any cake type batters, salad dressings, sauces, peanut butter or any dairy product containing fat should also not go down the drain or garbage disposal.

Kate Nixon also shared with us that if your water tastes or looks funny, you can call 385-1400 and the city will tell you if anything is happening in your neighborhood and can also come out and test your water and flush the lines if needed.



LOST PET PROGRAM

If you have a pet and have not completed a form, please do as soon as possible. Dogs will be heading out doors with the warm weather and getting lost. I need identification on the dog, a completed form filled out and sent to me. **Lost and found animal information is placed on the neighborhood email notification list so be sure to sign up and check there if your dog is lost.** April had 3 lost/found pets and all were returned to their owner.

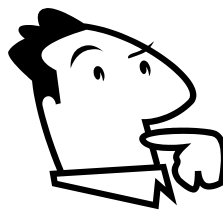
- Gerry Richter

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Presidential Ponderings

First, let me start out this missive by thanking Kate Nixon for her informative and entertaining presentation at the April Civic League Meeting. Though Jim and I have long practiced wiping out all oils, fats and grease from containers before washing, we both learned a great deal about the do's and don'ts of what should/should not go into our home drains. For those of you who missed it, you missed a good one!

Second, I'd like to apologize for missing Spring Fling. Two weeks of work travel left me too out of sorts to be of much assistance. I am very grateful to the PMRC Pool Board, Mike and Carol Moore and the many others who were reliable and showed up to get our neighborhood pool ready for its Memorial Day weekend opener. When the cover was pulled, the pool bottom was visible so Kudos the year round maintenance crew. Now a few chemicals and some manual labor and the water will be ready to swim in also.

I hope each of you took the time to seriously consider joining the Pembroke Meadows Rec Center, aka: neighborhood pool, this year. The civic league member stimulus program remains in effect throughout the 2013 season (so, it's not too late to join!).

I'd like to recognize and thank Jeannette Willenbrink, Clera Hall and Karen Roy for agreeing to co-chair our Welcoming Committee. Please let us know if you are new to the neighborhood or have new neighbors. We need the address so that we may stop by, introduce ourselves and welcome our new friends to our Pembroke community.

Lastly, we have had good turnout at our monthly civic league meetings. I'd sure like to see more of you in attendance. The meetings typically do not last more than an hour and provide an excellent opportunity to meet your neighbors, learn of new happenings in the 'hood, and enjoy a little fellowship.

- Donna Price

Our Real Estate Market...

Tips for making your property easier to sell:

- Keep lawn & driveway neat and clean-make sure you have "curb appeal"
 - Apply a fresh coat of paint, especially near entry ways. Plant bright flowers.
 - Remove clutter & excess furniture so buyers can see the home and not your "things"
 - Replace shower curtains and check caulking around tubs & showers
 - Replace kitchen counter tile & grout if necessary. Clean oven and stovetop.
 - Be sure drapes and curtains are clean, replace burned out light bulbs and wash windows.
- None of these items are costly, but will get your home noticed and SOLD!

Currently for Sale

| | | | |
|-----------------|------|----------|---------|
| 629 Whitechapel | 4 BR | 2 ½ Bath | 249,000 |
| 4113 Cheswick | 5 BR | 3 ½ Bath | 925,000 |

Homes Under Contract


| | | | |
|---------------|------|----------|---------|
| 819 St. Denis | 3 BR | 1 ½ Bath | 159,800 |
| 4312 Hudgins | 3 BR | 2 Bath | 258,900 |
| 4508 Hudgins | 5 BR | 3 Bath | 242,500 |
| 4257 Cheswick | 4 BR | 3 Bath | 395,000 |
| 805 Cathedral | 3 BR | 1 ½ Bath | 175,000 |
| 4433 St Mark | 4 BR | 2 ½ Bath | 172,000 |

Homes Sold

| | | | |
|---------------|------|----------|---------|
| 4425 St. Mark | 4 BR | 2 Bath | 271,000 |
| 4401 Hudgins | 3 BR | 2 ½ Bath | 710,000 |
| 4424 Cambria | 3 BR | 2 Bath | 230,000 |

~Sue Lentini~

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 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 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.

BOX TURTLES

Box turtles are coming out of hibernation and roaming the yards. Be extra careful in mowing and weed whacking. You can leave them alone to wander however if they are in the streets or in danger from dogs just take them to Gerry Richter 497-5243. Box turtles only please.

Help the Cub Scouts get craft materials for camp

Jeanne Blair is collecting items to support Cub Scout Summer Day Camp. They are making 25 flag holders and 30 bamboo fishing poles. If you have access to the following materials please call her at 319-3366:

- Any pieces or joints of 1" PVC pipe
- 18 inch pieces of 2" PVC pipe
- Large empty laundry detergent plastic containers (those with hand grips/handles)
- Large empty plastic coffee containers
- Any leftover fishing line, hooks, bobbers, etc would be welcome..

Ferry Plantation House

www.ferryplantation.org

SUMMER HISTORY CAMP

We will hold history camp at Ferry Plantation House this June and again in August. These are one week camps geared for students in grades 1-6.

June 17-21 --Chesapeake Indians & the Early Settlers

Learn about the Indians that inhabited our area along with the Early English settlers that arrived here prior to heading to Jamestown.

August 12-16--Civil War & Pirates

Prepare to be inducted into the Civil War with training, preparations necessary for going to war. Become a pirate.....learn about pirates, some of the lingo, parts of a boat and so much more.

There will be an actual archeological dig Monday-Thursday weather permitting. Cost is \$230. per week and is tax deductible.

Contact 473-5182 or sign up online at www.ferryplantation.org.

POOL NEWS & Schedule

Saturday May 25th - Pool open for the season!

Pool hours are 11:00am - 8:00pm on Saturdays and Sundays. Mid-week pool hours will be 4:00pm-8:00pm on Mondays thru Fridays until public school is out.

MEMORIAL DAY COOK OUT

We invite all current pool members to join us for fun and food. We will have a cook out between 12:00-2:00. Bring a side dish to share. Hot dogs, hamburgers and snow cones will be for sale. Come enjoy the official kick off to summer. We have a lot of fun and we want you to be there too.

LEARN TO SWIM THIS SUMMER

Reasonably priced swim lessons will be available to both member and non-member neighborhood children in July. Look for signs by the gazebo or check at the pool as the date gets closer.

You're Invited

www.edwardjones.com

College

Getting There from Here

Join us as we discuss:

- Questions to consider as you establish a college savings goal
- Strategies to help you reach your goal
- Features and benefits of 529 college savings plans

When: Thursday, May 30, 2013
@ 6:00 pm

Where: Golden Corral
400 S Independence Blvd
Virginia Beach VA 23452

Dinner will be served

Call Judy Reed at 757-493-7626

by May 28, 2013 to reserve your seat for this event.



Renee L Rickrode
Financial Advisor

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Suite 110
Virginia Beach, VA 23452
757-493-7626

Edward Jones
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Just “Don’t” Do It Protect our Honey Bees

Your diet depends on it!

Every Spring-Summer, Mother Nature encourages the colony to divide and create another colony of honeybees. The Queen and about ½ her daughters leave the hive searching for a new home. This cluster may gather on a tree branch, a bush, your mailbox, even the picnic table in your backyard while awaiting directions from the scout bees of their new address. This is the natural way honeybees reproduce to ensure their continued survival. **PLEASE do not spray insecticide and kill this vital natural resource.** Approximately 80 crops in Virginia rely heavily on honeybees for pollination. Reduce the number of honeybees and we significantly reduce the availability and affordability of fruits and vegetables in our homes. Homeowners and Business Owners spraying honeybees has an immediate and long lasting effect on our ability to produce the food crops we all enjoy and want in our diet.

The safe and most responsible thing to do if you see a swarm of honeybees is call Tidewater Beekeepers Association. **For FREE, they will send a beekeeper to your home to collect these bees** and place them in a hive where the bees will continue to collect pollen, pollinate our fruits and vegetables and make honey.

Remember - **Do Not Spray,**
Call: (757)285-4509 or (757)641-5933 or (757)816-2262



Amazing Honeybee Facts

Foragers are the oldest worker bees in a hive and are the only bees that most people ever see going from flower to flower. These bees are all females and make up the largest number of bees in the colony. They forage for food (pollen and nectar), build and protect the hive, clean, circulate air by beating their wings, and perform many other societal functions.

It takes about 556 worker bees traveling over 55,000 miles visiting 2 million flowers to gather enough nectar to make 1 pound of honey.

The average worker honeybee makes 1/12 of a teaspoon of honey in her lifetime. That is 5 drops of honey!

Honey is used by the bees for food all year round. There are many types, colors and flavors of honey, depending upon the nectar source. The bees make honey from the nectar they collect from flowering trees and plants. Honey is an easily digestible, pure food. Honey is hydroscopic and has antibacterial qualities. Eating local honey is thought by many to fend off allergies.

Bee Venom: the “ouch factor” most people remember, is likely a bad experience with a wasp and not a honeybee. Although sharp pain and some swelling and itching are natural reactions to a honeybee sting, only a very small percentage of individuals are highly allergic to bee venom. “Bee venom therapy” is widely practiced overseas and by some in the USA to address health problems such as arthritis, high blood pressure, high cholesterol and even MS.

For more info go to
www.tidewaterbeekeepers.net or
www.norfolkbeekeepers.net



PEMBROKE MARLINS SWIM TEAM

Summer swimming as part of the Virginia Beach Swim League is a fun way for our kids (ages 5 to 18) to get exercise, develop swimming skills and cultivate friendships. Our pool swim team - **The Marlins** - will start evening practices on May 28 at 5:30pm till closing on Mondays thru Thursdays, then morning practices (08-10) will begin once school is out. The pool is still open to members during the practices.

There is more information on the website or you may contact the team representatives, Trish and Brian Rogerson at 460-2023 or email rogerson6@verizon.net

SWIM MEET PARKING JAMS

Saturday morning swim meets bring hundreds of area families to the pool, with cars trying to find the closest parking. There are three home meets:
 June 22nd vs. VBTCC
 June 29th vs. Broad Bay
 July 6th vs. PACC

Please be patient those three days; the meets start at 7 am and will end before 2 pm and our neighborhood will be quiet again.

And for your calendar...

**National Night Out Against
Crime** August 6th, 2013



Join us for a PMCL sponsored neighborhood pool party. Mark the date now. We will put out more information in July.

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>499-6111</i> |
| <i>Webmaster</i> | <i>Clif Furedy</i> | <i>490-5792</i> |

Committees

| | | |
|----------------------------|------------------------|-----------------|
| <i>Bldg/Grounds</i> | <i>Tim Roy</i> | <i>478-0980</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>Vacant</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: Clera Hall, Karen Roy, Jeanette Willenbrink

| | | |
|------------------|-------------------|-----------------|
| <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

Mike Moore 557-0328

Newsletter Ads


Carol 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>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> |



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