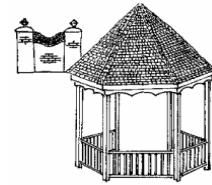


CIVIC LEAGUE OF PEMBROKE MEADOWS, INC.

Pembroke Meadows, Pembroke Shores,
and Pembroke Shores Townhomes

CIVIC LEAGUE NEWSLETTER



Sept 2013

Inside:

President's
Ponderings

Pool Elections

Real Estate

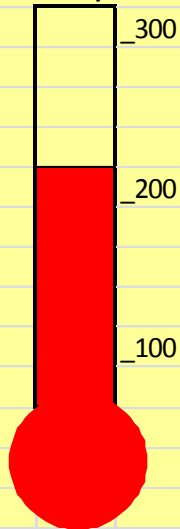
Community
Events

Volunteers
Wanted

Medicare

Garden Club

Membership Goal



220 Members
as of 28 Aug

Next Civic League Meeting

Pembroke Meadows Elementary School Multi-purpose Room

Thursday, September 19 - 7 pm

The September meeting will feature **City Councilman John Moss**. We have asked John to talk about Town Center, Light Rail expansion, Giant Square, and other points of interest. Please bring your questions.

The presentation will be followed by a brief business meeting.

PEMBROKE MEADOWS ELEMENTARY SCHOOL FALL CARNIVAL

Saturday, October 19th from 11am – 3pm.

This event is for children of all ages and will include Special Events Entertainment including a Tiki Island Rock climbing wall, a Toy Story bounce house, mini slide, circus train crawl, kiddiepillar, end zone obstacle course, wrecking ball joust, table games, face painting, balloon maker, cake walk, and other carnival games. Enjoy pizza, hot dogs, soda, chips, popcorn, snow cones and more! Fun and affordable wristband and individual tickets will be sold. Join us for a fun-filled, exciting day!

HALLOWEEN WALK PLANS

Our 23rd Annual Halloween Walk - Saturday, October 26th at 3p.m.

We need volunteers!! Folks willing to:

- **Decorate the park prior to festivities**
- **Be corner / intersection safety monitors**
- **Walk in parade to provide spacing & safety**
- **Serve refreshments at the park**
- **Donate juice or cookies**

This is a great time to meet your neighbors, have fun and show off your costumes. Ages 0 -101+ welcome. Contact- Gerry Richter **-497-5243**

(Mark this event on your calendar NOW and start thinking about your costume, there will be more details and a reminder flyer in next month's newsletter)

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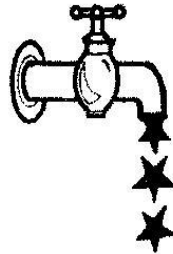
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- \$ 60 One time – ¼ Page

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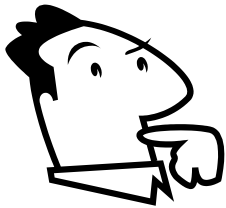
Median Cleanup

Sep 1 - 15	Tyler Wilson
Sep 16 - 31	Tyler Wilson
Oct 1 - 15	
Oct 16 - 30	



To add your name here, call Tim Roy at 478-0580

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



Presidential Ponderings

Dear Neighbors:

As we transition from summer to fall, please be very mindful with your driving now that school is back in session. Keep an eye out for those youngsters waiting at bus stops. We each have a role in ensuring their safety.

As we go to press, there have been media reports of adult individuals exposing themselves to school aged children. While thankfully these episodes are few and far between, they are disturbing when they occur. If you notice something suspicious or concerning, please take a moment to call the Virginia Beach Police at 911 or 385-5000 depending on how you view the emergency.

I'd like to thank the 2013 Pembroke Meadows Recreation Center (pool) board for their hard work this season. Though the overall numbers were down, the pool was clean, inviting and used by many. I know Carol Moore and I appreciated the "extra" September weekend and were just two of a very few folks using it on a beautiful and warm September 7th afternoon. Thanks to Nathan and Grayson for agreeing to guard a few more hours and allow us this opportunity.

The pool offers a layaway plan that allows families to begin paying now on their 2014 season membership. If you have children, grandchildren, nieces, nephews, or even just love the water, please begin planning now to join us next year. As Jim and I have shared in this forum so many times, we have had countless hours of fun at the pool over

the past 20 years, have met and enjoyed some of our very best friends there and enjoyed watching our boys grow into good swimmers.

I again invite you all to attend our monthly meetings. They are held at the Pembroke Meadows Elementary School at 7:00 p.m. on the 3rd Thursday of September, October, January, February, March, April, and May. Our November meeting is a wine and cheese social held at the Ferry House. Come on out and meet your neighbors. We would sure love to get to know you and your family!

Councilman John Moss has agreed to come and speak at our September meeting. First Vice President Kate Nixon will be presiding as I have an out of town work obligation. We have asked Councilman Moss to update us on Town Center, the Lowe's lot, plans for the lots at the corner of Witchduck and Virginia Beach Boulevard as well as the light rail. Let's show him a warm Pembroke Meadows/Shores/Hudgins Shores and Townhomes welcome and pack the meeting room.

Lastly, I'd like to recognize a few folks for their hard work this summer at our entryway. Thank you to Tim Roy for keeping an eye out and mowing our median strips between City mowings. Tim was out very early many mornings taking care of this task. Also, thank you to Peggy Caverly, Jeannette Willenbrink and Carol and Mike Moore for taking time on a very HOT Saturday morning to remove weeds and dead plants from our median strip. You all rock! If you see any of these folks, please thank them for improving our neighborhood.

- Donna Price

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Our Real Estate Market...

During the last 12 months, over 20,000 homes have sold here in Hampton Roads. In July, a total of 2174 residential properties sold showing a 3.5% increase over the month of June and a year over year increase of 17%. What's new in Pembroke Meadows???

Currently for Sale

4316 St Albans	4 BR	2 Bath	285,000
4169 Cheswick	4 BR	4 ½ Bath	950,000
649 Whitechapel	4 BR	2 ½ Bath	280,000
629 Whitechapel	4 BR	2 ½ Bath	279,900
604 Cambria	4 BR	2 Bath	285,000

Homes Under Contract

4312 Hudgins	3 BR	2 Bath	258,900
4433 St Mark	4 BR	2 ½ Bath	172,000
605 Sheffield	3 BR	2 Bath	251,000

Homes Sold

4324 St Albans	3 BR	2 Bath	278,000
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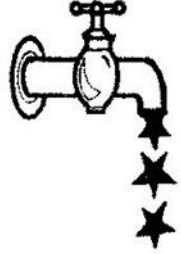
Sue Lentini~

CIVIC LEAGUE ELECTIONS SOON...

November is the time for civic league elections. Our officers are elected annually and no officer is allowed to hold a position more than 2 consecutive years. A new volunteer may be elected to any position if interested. Won't you please consider volunteering? We'd love to have YOU join in our fun. These responsibilities only require the attendance at a monthly board meeting and attendance at a monthly civic league meeting. Only two evenings a month can make a lot of difference for our community. You'll get to meet your neighbors and have a voice in planning ideas for your neighborhood.

Please contact members of our board to get involved. We will present a proposed slate at the October meeting and we will vote at the November meeting.

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Ladies Lunch Group

On Thursday, October 24th we will have lunch at Tripp's, at 12 noon, 101 South Independence Blvd. Don't forget to make your reservation with us by phone or email by Tuesday of that week. You can call either Joy at 473-9284 or Jeanette at 497-0700 or you can respond to this email. This is the last scheduled luncheon for 2013 so hope many of you can attend.

Jeanette Willenbrink
jlwillen@aol.com

POOL Elections

On Monday, Sep 2, 2013, the Pembroke Meadows Recreation Center held its annual election for Board Members for the pool year 2013/2014.

The new board members are:

Director - Chris Pascuzzi
Asst Director - Erin Strasburger
Secretary- Kim Best
Treasurer - Lori Hines
At-Large Members (5) : Tina Ridgeway, Pam Dolan, Kim Baker, Tom Hronek, and Mike Moore

*Davis Corner
Volunteer Rescue Squad*

Recruitment Open House

Sunday, October 6, 2013

11 am – 2 pm

*4672 Haygood Road
Virginia Beach, VA 23455*

Come see how you can be part of our team!

www.dcvrs.org

Medicare News from Senior Services of Southeastern Virginia

Medicare Health Fair & Expo
Nov. 16

Public registration began this month for the regional Medicare Health Fair & Expo in Virginia Beach, a daylong event organized by Senior Services of Southeastern Virginia to help clear confusion about federally mandated changes to Medicare that may affect benefits, as well as about the new Affordable Care Act and many other issues related to health care, home care and retirement housing options, and successful aging.

The public registration deadline is Oct. 30. Please go online to the Senior Services website, www.ssseva.org, or call them at 757-461-9481.

Medicare Open Enrollment Dates
Oct. 15-Dec. 7 2013

Are you currently enrolled and want a different Medicare Part D prescription drug plan or Medicare Advantage plan? Do you think you may be eligible for the Part D Low-Income Subsidy/"Extra Help" benefit? Call a Senior Services benefits counselor today for help.

Medicare Dates

Oct. 15 – Enrollment Begins
December 7 – Enrollment Ends
January 1 – Coverage Begins

Free Newsletter from SSEVA

If you or someone you know would like to receive a free newsletter from Senior Services of Southeastern Virginia, please contact Damia James at (757)963-9204 or by email at djames@sseva.org.

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Join us for our free *Protecting What's Important* seminar.

You'll learn:

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- How much insurance you may need
- How insurance should fit into your overall financial strategy

When: Tuesday, September 17, 2013
from 6:00 - 7:30 pm

Where: Meyera E Oberndorf Central Library - Libris Room
4100 Virginia Beach Blvd
Virginia Beach VA 23452

RSVP: to Judy @ 757-493-7626

Seating is limited, so reserve your place today.

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Cavalier Classic

Sept. 21, 2013 , 5-10 PM
@ PAHS Cavalier Stadium

The Fabulous Marching Cavaliers of Princess Anne High School bring you the Cavalier Classic at Cavalier Stadium on September 21st. Seventeen local and regional bands will be competing. Competition begins at 5 PM with the smaller bands while the larger school bands compete after dinner. This is great family entertainment for a Saturday evening and concessions will be available. The level of musicianship and marching by these schools is amazing.

More info at www.fabulousmarchingcavaliers.org

Webmaster Needed

*Davis Corner Volunteer Rescue Squad
needs a webmaster to maintain
our web site and our Facebook page.*

This is an Administrative Member position.

Previous webmaster experience required.

Interested?? Come to our

***Recruitment Open House
Sunday, October 6
11 am—2 pm***

***Davis Corner Volunteer Rescue Squad
4672 Haygood Rd.
Virginia Beach, VA 23455
(corner of Haygood and Ferry Plantation)***

www.dcvrs.org

This is a volunteer position.

Help Our Local Schools

And it won't cost you a dime

Please save **BOX TOPS FOR EDUCATION**, those little squares found on General Mills products including cereals, yoplait, and many other items.

Also, **FARM FRESH RECEIPTS** are collected from the start of the school year to the end of the school year.

CAMPBELLS product items including soups, canned beans, and other Campbell products with the "**Label for Education**" red square.

FOOD LION MVP- Go online to foodlion.com. Look for the Community Outreach, then MVP REWARDS. Pembroke Meadows Elementary School identification # is **217940**

Our schools use the proceeds to fund equipment, supplies, electronic items, etc. that otherwise they would have to do without.

Simply clip and save in a baggie. Send in periodically with your student or a neighbors or drop them off at the school office. You can help make a difference.

If you know of any similar programs with other companies please advise us and we will put the information in the next newsletter.

FALL GARDENING TIPS

- Mow/mulch fallen leaves with a lawnmower and place them on garden beds for spring time weed control and long term soil enrichment.
- Fall is good time to reduce your lawn coverage by creating new flower or shrub beds. Any reduction in lawn decreases rainwater runoff into our local estuaries.
- Fall is a good time to plant trees and shrubs -- Any month that ends in 'er' is a good month to plant
- This recommendation goes for transplanting as well.
- Fall is also a good time to tackle non-native invasives such as English ivy and honeysuckle.
- Use a minimalistic approach to lawn fertilization. Fertilize once a year in the fall

and use phosphorus-free products as the soil in Southeast Virginia is naturally high in phosphorus.

- Tips Courtesy of Lynnhaven River NOW

Fall Gardening Festival

September 21st, 10 AM – 3 PM

The Virginia Beach Master Gardener Fall Gardening Festival promises to be bigger and better than ever. The event is scheduled at the Hampton Roads Extension and Research Center on Diamond Springs Rd. This year's theme is "It's Easy to go Green" and features programs and demonstrations about environmentally friendly gardening techniques.

Demonstrations are scheduled throughout the day about composting, proper tree planting and soil testing.

The master gardeners have also organized a plant sale featuring many of their favorite plants, a bake sale and a silent auction. Proceeds from this event help cover expenses and fund master gardener projects.

The event is free and open to the public and held rain or shine. For more information visit <http://www.vabeachbeautification.org>

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www.whoopiwash.com - 757-962-5855
1137 Independence Blvd., Virginia Beach

Pembroke Meadows Garden Club

The members of the garden club are currently looking for the following:

Humans.. Teens on up
Must have flexible spine

Non arthritic fingers

Working knees

Reasonable eyesight

**Ability to get up from squatting
position without help**

Ability to get down on knees without falling

Tasks include pulling weeds as necessary
Planting bulbs or flowers as necessary
Willingness to put forth a couple of hours from
time to time to help keep up the plantings in our
median.

Expert Supervision provided.

Our current members began their duties back
in 1968 (45 years ago) with fresh young bodies,
great expectations and lots of enthusiasm.
Needless to say, the bodies of those
youthful lovely individuals have developed
several cases of "**help I can't get up!**" along
with "**stiff finger-itis**", **sore back-osis**, to
"**call in the bulldozer**".

**Can we count on a few new volunteers to
help out?**

**If interested, please contact Jeannette
Willinbrink at 497-0700**

New School Walker Area Be extra careful

All of Pembroke Shores, the part of our
neighborhood North of Pembroke
Boulevard, is now designated as a within
walking distance to school area.
Students in this area will no longer be
bussed to school so please be very alert
and careful as our children make their
way to Pembroke Meadows Elementary.

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>478-0580</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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at all Civic League Meetings