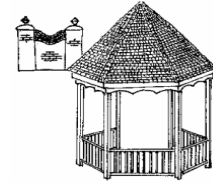


CIVIC LEAGUE OF PEMBROKE MEADOWS, INC.

Pembroke Meadows, Pembroke Shores,
and Pembroke Shores Townhomes

CIVIC LEAGUE NEWSLETTER



Jan 2015

Inside:

President's
Ponderings

Pet
Registration

Real Estate

Dues Envelope

Fall Proof

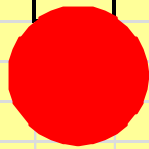
New
Advertisers

Membership Goal

300

200

100



22 Members
as of 10 January

Next Civic League Meeting Pembroke Meadows Elementary School January 15, 2015 @ 7 pm

This month's civic league meeting will include the installation of the 2015 PMCL officers as well as planning for the annual February Pot Luck Dinner meeting. This is also a great time to offer suggestions for any guest speakers you would like to see at our meetings for the upcoming year.

IT'S THAT TIME AGAIN! 2015 MEMBERSHIP DUES ARE DUE!

There should be an addressed envelope inside this January Newsletter. Please promptly write a check to Pembroke Meadows Civic League (PMCL) for \$10 for your 2015 dues. There is also a combined directory data sheet and pet registration form. If any information has changed recently or you are new to the neighborhood you can return this form in the same envelope. The Civic League supports not only our neighborhood, but the recreation center/pool, the garden club, the local schools, Ferry Plantation House, the gazebo, entrance flag and lights and median cleanup and maintenance. Residents get a lot for their \$10! You can drop it in the mail, drop it at the Moore house, 4449 Hudgins Dr. or better yet, bring it to a civic league meeting.

=====

Mark your calendar now...

Neighborhood Pot-Luck Dinner February 19th, 2015 @ 6 pm Pembroke Meadows Elementary School Cafeteria

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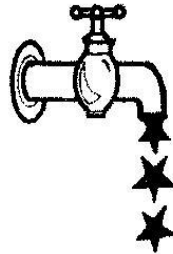
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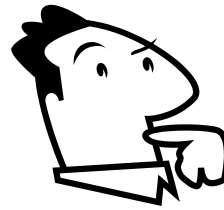
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Median Cleanup

Jan 1 - 15	Tyler Wilson
Jan 16 - 31	
Feb 1- 14	
Feb 15 - 28	



Presidential Ponderings

Dear Neighbors:

Happy New Year! As we go to press, temperatures are dropping and winter is settling in. Please keep a close watch over your families, neighbors and pets.

My family and I enjoyed the neighborhood holiday lights taking several evening walks to see them. Now with the busy holiday season behind us, I can look back fondly at our annual November meeting. The wine and cheese event at the Ferry Plantation House was well attended as neighbors were able to reconnect and meet new friends. Thank you to all those who helped make the event a success.

Your fellow neighbors also voted for the 2015 Civic League Board. The slate was elected without dissent. I would like to thank those of you who voted for me as I am honored to start this year as your president. Our next big event is coming up in February, the annual potluck dinner. We would certainly like it to be as well attended as the Wine and Cheese event.

This newsletter contains a reminder, a data form and an envelope for your 2015 \$10 civic league dues. Please look at your budgets and favorably consider paying your dues. We had 200 families join the Civic League last year. I still think we can do much better. Your dues pay for so many things and we are always looking for additional suggestions for neighborhood activities/improvements.

Though the frigid temperatures make it seem unlikely, the pool will be open before we know it. Please look in our March newsletter for your application.

Lastly, I hope to see you each on Thursday, January 15th at our first meeting of the year.

- Kate Nixon

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?

Lost Pet Program Update

IMPORTANT INFORMATION – PLEASE READ

I have been informed by the elves that Santa had several puppies in his sleigh. If one was left under your tree be sure to register it with our FREE lost pet program.

If you already have a pet please put identification on the collar. Chips are great but most companies require you to pay an annual fee to keep the service. Most folks don't realize this and the chip becomes useless in identifying your pet.

A collar ID with phone # is best, and a nice New Years present for your dog in the event it is ever lost.

PLEASE DO YOUR PET AND YOUR FAMILY A FAVOR BY COMPLETING A FORM AND MAILING IT PROMPTLY. This is a FREE program offered to our community.

Safe Pet Identification

Embroidered collars with the Pets name and your phone number with area code is the safest means of quick identification. These collars can be ordered on line (I like the ones from LUCKYPET.COM) or purchased locally from Care-a-Lot store located on Diamond Springs Road. They cost less than \$20. There are no tags to catch dew claws, nothing to fall off and lose and it can be washed if needed. You can select the color, closer (buckle or clip) and size. It sure makes it easier for your pet to be returned to you.

Most Falls Can Be Prevented!

- Are you afraid of falling?
- Are you ever unsteady on your feet?
- Have you experienced 1 or more falls in the past year?



Recent studies show that those most at risk of falling can often be identified and helped.

FallProof was recognized in 2003 by the National Council on Aging as one of the seven exemplary model programs in the United States promoting healthy aging and an improved quality of life.

Greetings Fellow Pembroke Residents – my name is Linda White and I am a FALLPROOF CERTIFIED Instructor. FALLPROOF is a program that was developed at the Center for Successful Aging at California State University at Fullerton. The program was designed by Debra J. Rose to help improve balance and mobility to prevent falls. As a Fallproof Instructor I have tested and trained over two-hundred sixty (260) individuals through the FALLPROOF “Balance and Mobility” program as the **Fitness Director at Westminster Canterbury** and I have many success stories of how the training helped *PREVENT A FALL*. I am offering to my neighbors in the Pembroke Meadows neighborhood a 50% discount for the “FALLPROOF - Balance & Mobility” assessment.


After the assessment I will be able to give you recommendations and information on things you can do on your own to prevent falls. Be Proactive and help yourself now!

If interested - **PLEASE** Contact **LINDA WHITE** AT **757-553-0996** or ezekiel5@me.com. QUESTIONS? Don't hesitate to call. Scheduling for assessments will start in mid January 2015.

THIS OFFER EXPIRES BY SEPTEMBER 2015.

Loss of balance is not just a “fact of life” as we grow older.

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Ladies Lunch Group

The Ladies Lunch Group will start 2015 with lunch at I-HOP on Va. Beach Blvd. at 12:00PM on Thursday , January 22th.

We hope new neighbors will try us out and that former active members will come again. I know our "regulars" will be happy to see each other and get caught up on neighborhood and community news. Come enjoy the comraderie with us!

If you need a ride or to RSVP call:

Joy Guthrie
 473-9284

Ferry Plantation House

The house will be closed January-February for maintenance and restoration work. Please visit us on facebook- Ferry Plantation. Look for our reopening in March

The November Civic League "wine & cheese" was well attended and we appreciated seeing all the new faces this year. We hope that each of you will consider becoming a member of Ferry Plantation House. The annual membership dues is only \$20. and is *Tax deductible.*

Memberships help us keep this lovely home open.

In addition you will receive our quarterly newsletter with lots of information about history and this lovely treasure. Join today won't you.

Our Real Estate Market...

The National Association of Realtor's most recent *Existing Home Sales Report* revealed that home sales were up rather dramatically over last year in five of the six price ranges they measure. Only homes priced under \$100,000 showed a decline. Every other category showed a minimum increase of at least 9.7%!!

What's New Here In OUR Real Estate Market?

Currently for Sale

4328 Hudgins	5 BR	2 ½ BA	208,000
645 Cavendish	3 BR	2 BA	239,900
600 Whitechapel	3 BR	2 BA	289,900
4400 Drury Cir	4 BR	2 ½ BA	219,900
741 Abbey Dr	4 BR	2 ½ BA	264,900
4129 Cheswick Ln	3 BR	2 ½ BA	819,000
4121 Cheswick Ln	4 BR	4 BA	873,000
4257 Cheswick Ln	3 BR	3 BA	459,000

Homes Under Contract

608 Cambria	4 BR	2 ½ BA	265,000
4124 Cheswick	4 BR	3 ½ BA	520,000

Homes Sold

849 Cathedral	3 BR	2 ½ BA	148,000
4436 Hudgins	5 BR	2 ½ BA	247,000
800 St Denis	3 BR	2 ½ BA	150,000
609 Cardiff	4 BR	2 BA	265,000

Sue Lentini~

POOL (PMRC) NEWS

Although the cover is on the pool and the gate is locked for the season, your Pool Board is already gearing up and making plans for next summer. Membership information will be in the March newsletter.

Meet our New Advertiser

Edward Jones has been a long time supporter of our newsletter. Neighbor Dave Frohwitter just recently took over the ad of Renee Rickrode and I invited him to tell us a little bit about himself:

As an Edward Jones financial advisor, I believe it's important to invest my time to understand what you're working toward before you invest your money. Working closely with you and your CPA, attorney and other professionals, I can help determine the most appropriate financial strategy for you and your family. I can also help with your retirement savings strategy so you have more options when you retire, regardless of what you decide to do.

I joined Edward Jones as a financial advisor in 2014, opening the firm's 11th branch office in Virginia Beach.

I attended Virginia Tech and graduated in 1998 with a bachelor's of science in business management.

My wife, Susan, and I have two daughters and we are both lifelong residents of the Hampton Roads area. I am an active member of the community, serving as vice president for St. Gregory the Great Church Men's Club.

Relationships are key, and in our view, meeting face to face builds strong relationships. We meet when it's convenient for our clients because we recognize the challenging needs of their business and their lives.

At Edward Jones, we're focused on you. The firm has thousands of people and advanced technology supporting our office so that we can help you reach your long-term financial goals.

- Dave Frohwitter

PMCL POINTS OF CONTACT

Civic League Officers

<i>President</i>	<i>Kate Nixon</i>	<i>546-4004</i>
<i>First VP</i>	<i>Donna Price</i>	<i>499-5115</i>
<i>Second VP</i>	<i>Susan Frohwitter</i>	<i>460-4681</i>
<i>Recording & Corres. Sec.</i>	<i>Beverly Wilson</i>	<i>499-0723</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>Webmaster</i>	<i>Clif Furedy</i>	<i>490-5792</i>

Committees

<i>Bldg/Grounds</i>	<i>Tim Roy</i>	<i>478-0580</i>
<i>Median Electrical</i>	<i>Mike Moore</i>	<i>557-0328</i>
<i>Median Flag</i>	<i>Joe Lang</i>	<i>497-2897</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>	

<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, 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>

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

Pet Lost & Found/Pet Registry

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

Recreation Center (pool)

<i>Director</i>	<i>Chris Pascuzzi</i>	<i>671-1850</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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