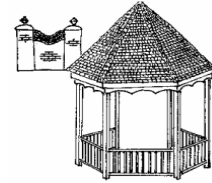


CIVIC LEAGUE OF PEMBROKE MEADOWS, INC.

Pembroke Meadows, Pembroke Shores,
and Pembroke Shores Townhomes

CIVIC LEAGUE NEWSLETTER



Feb 2016

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Recipe

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POC's

Membership
104
as of Feb. 1

Next Civic League Meeting Neighborhood Pot-Luck Dinner Pembroke Meadows Elementary School February 18th, 2016 @ 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, drinks and neighbors! We ask that you bring a food dish to share. You will also be able to pay your 2016 Civic League dues when you arrive.

Our motto for this evening is "all eating – no meeting"

To share our bounty and good fortune, we ask that you bring a canned or non-perishable food item to donate to the local Food Bank.

If you have a new neighbor, please encourage them to attend!

POTLUCK + GOOD LUCK = \$\$

This year's Door Prizes will include gift cards to a number of our local establishments. To receive a door prize ticket, you must have paid your 2016 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.

March 17th Meeting Movie and Popcorn

Our usual location at Pembroke Meadows Elementary is unavailable on the 17th so the folks at Cinema Café have graciously agreed to let us hold the meeting there and include a movie. Your Civic League will pay for tickets and one large popcorn per family for any neighborhood resident whose household is a paid Civic League member for 2016. This will be a family friendly movie.

HONEY-DO'S

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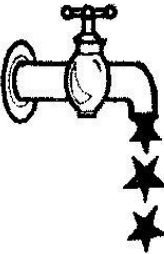
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Presidents Corner



Dear Neighbors:

We are going to have an Early Spring! Or at least that's what the Punxsutawney Phil says. We are rolling in to a spring full of fun neighborhood events.

Big thanks to Officer Colas for coming to our January meeting and answering all of our questions about public safety. He was very informative and don't forget the Police non-emergency number 385-5000. We have experienced some recent vandalism at the park/walkway, please keep an eye out for anything suspicious and if you do see anything call the police non-emergency number to report it.

Please join us at the next Civic League meeting for our annual potluck. We will have a brief meeting follow by food, fun and friendship.

- Kate Nixon

Our Real Estate Market...

Lack of Listings Slowing Down The Market

With home values and home sales up and distressed sales down, it seems like 2016 will be the year where the real estate market races forward once again. However, a lack of housing inventory may cause the industry a slight stall. The bottom line is, if you are thinking of selling, now may be the time as there will be more demand for your home when there is very little competition.

Currently for Sale

4148 Cheswick 4 BR 3 1/2 BA 450,000

Homes Under Contract

4308 St. James Cir 4 BR 3 BA 579,000

Homes Sold

863 Cathedral 3 BR 2 1/2 BA 190,000

4524 St. John Ct 3 BR 2 1/2 BA 173,000

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Vandalism at Dam

If anyone has knowledge of who vandalized the fence rails that run along the dam at the end of Pembroke Blvd. please notify the police.

Median Cleanup

Feb 1- 14	
Feb 15 - 28	
Mar 1- 15	Peggy Caverly




To add your name here, call Mike Moore at 557-0328

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

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Do you need to **buy, sell,** or need **Property Management** for your home? Look no further than your own neighbors Jim & Liz Abrams. They have the knowledge and experience to assist you with any real estate need. Give them a call today!

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Ladies Lunch Group



"Strangers are friends we just haven't met yet!"

Come meet your neighbors and get together with old and new friends. Everyone is welcome. January's meeting at Sweetwater Cuisine was great. I think everyone is ready to celebrate the new year with new and old friends and new activities. Since the weather can be unpredictable in February (and perhaps March) we decided to stay close to home and meet at the Red Lobster (corner of Independence next to Hardies). Lunch is always on the fourth Thursday of each month at noon. This month it will be **Feb. 25th**. Come join us. If this is your first time, come give us a try. We will be making reservations so please call me in advance. Cynthia Lerner, 589-9248. SEE YOU THERE

Lost Pet Program



.A tag, or simple collar with your phone number in permanent marker will help us return your pet to you should it escape! Be sure to register your pet with our **FREE Lost Pet Program**. Forms are on our web site. An email regarding lost or found pets will be sent to all those that are on the Neighborhood Notification List. To request to be included on this list, call Jim or Clera Hall 473-8258.

FERRY PLANTATION HOUSE

Ferry Plantation House will be closed for regular tours January-March. This is our time for maintenance, planning and refurbishing as needed. However, **Private Special tours can be arranged for your family and friends, coworkers, etc. for at least 10 guests by calling Gerry Richter 497-5243.** Tours take at least an hour so give us time for your maximum enjoyment.

Our Condolences

The Civic League would like to extend our deepest sympathies and condolences to the family of Justin Dean. Justin was just 19 years old and taken much too soon in early November from his family and friends. Justin's grandmother, Barbara Dean, lives in the townhomes and he spent much time in our neighborhood growing up. We would also like to thank Mrs. Dean's neighbor, Lea Marie Ngowackl, for bringing his connection to our neighborhood to our attention.

POOL NEWS

Pool season is right around the corner! Applications for pool membership will be available in the March newsletter and online.

Recipes from the Wine and Cheese Social

Ginger Crinkles

George Wilson

2¼ cups all-purpose flour
1 tsp baking powder
1 tsp baking soda
¼ tsp kosher salt
¾cup unsalted butter at room temperature
1½ cups sugar
1 large egg
¼ cup molasses
1 Tbsp fresh grated ginger

1. Heat oven to 350 degrees F. Line baking sheets with parchment paper. In a medium bowl, whisk together the flour, baking powder, baking soda and salt.

2. Using an electric mixer, beat the butter and 1 cup sugar in a large bowl until light and fluffy, about 3 minutes. Beat in the egg, molasses and ginger. Reduce the mixer speed to low and gradually add the flour mixture, mixing until just incorporated (the dough will be soft). Refrigerate until firm enough to handle, about 1 hour.

3. Place remaining ½ cup sugar in a small bowl. Roll half the dough into 1 in. balls (about 1 rounded tsp. each) and then roll in the sugar to coat. Place the balls on the prepared baking sheets, spacing them 2 in. apart.

4 Bake, rotating the position of the pans halfway through, until cookies are puffed, cracked and set, 8 to 10 minutes. Let cool on the sheet for 2 minutes, then transfer to a wire rack to cool completely. Repeat with the remaining dough.

George recommends you do not use a dark pan.

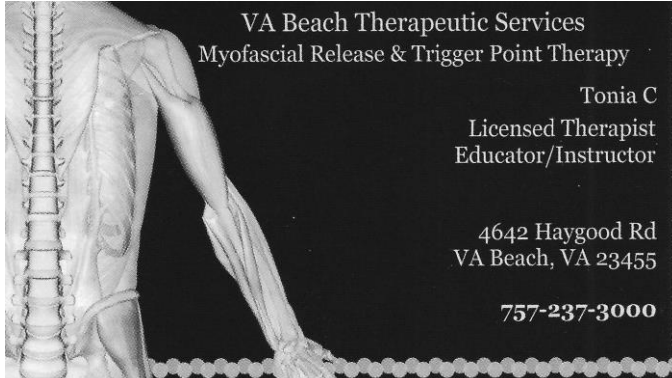
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Meet our New Advertiser

Virginia Beach Therapeutic Services

We would like to welcome VA Bch Therapeutic Services and Tonia Cottrell to our newsletter family. Tonia is a Licensed Massage Therapist/ Instructor who grew up in the Chic's beach neighborhood and has been in business since 1994, opening her own office in Haygood in 2012. Some may also know her from her work at the Founders Inn Spa or the Association for Research and Enlightenment Health Spa which she directed in the late 90's. Tonia is trained in a wide variety of massage techniques, including Deep Tissue Massage, Swedish Massage, Prenatal Massage, Seated Chair Massage, Reflexology, Cayce Massage, Trigger Point Therapy and Myofascial Release. The majority of her business comes from doctor referrals and she has received extensive training in the medical background needed for the Trigger Point and Myofascial Release techniques. Specifically, these techniques focus on applying pressure to trigger points to break cycles of spasm and pain so that the muscle can relax and stretching and compression to rehabilitate soft tissue dysfunction to promote flexibility, reduce swelling, relieve muscle tension and alleviate muscle fatigue.

We, Mike and Carol Moore, became clients of Tonia's as the result of a doctor referral several years ago and have been regulars ever since. She is very professional, knowledgeable and willing to take the time to listen to you about your symptoms in order to determine what might work best. She is also just a genuinely kind and caring person. We happily recommend her whether you just want to relax or if you have specific areas of pain or spasm. There are not many therapists out there who are trained in the Trigger Point and Myofascial Release and Tonia is one of the best. Please see her \$5 discount coupon for your first visit.



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Educator/Instructor

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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>Lakes/Waterways Chairman:</i>	<i>Jeff Brown</i>	<i>464-0183</i>
<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</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>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>



Free Home Repair to Qualifying Virginia Beach Residents

This message was received from the City Manager's Office via Nextdoor.com:

Providence Presbyterian Church is accepting applications for a "Work Camp" program coming to our community this summer.

There are over 500 volunteers coming from all over the United States to work on Virginia Beach homes in disrepair. The week of "Work Camp" is June 26th - July 2nd. The group is looking for 70-75 homes to assist in Virginia Beach.

Applications are due by March 1st.

Both labor and materials are free to qualifying households. To learn how your home might be included, please complete the confidential application available on [Nextdoor.com/Pembroke Meadows](http://Nextdoor.com/PembrokeMeadows) or contact:

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