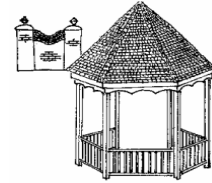


CIVIC LEAGUE OF PEMBROKE MEADOWS, INC.

Pembroke Meadows, Pembroke Shores,
and Pembroke Shores Townhomes

CIVIC LEAGUE NEWSLETTER



April 2018

Inside:

President's
Corner

Real Estate

Ladies Lunch

Bird Walks

Free Stuff!

Thanks from
PAHS PTA

Pool News

Swim Team

Food Waste

CTBD

154 Members
as of
01 Apr 2018

Next Civic League Meeting Cinema Cafe Thursday, April 19th, 2018

**A free movie and popcorn for PM Civic League Members
Choose 1 of 3 movies:**

Ready Player One (PG-13) @ 6:00 PM

Blockers (R) @ 6:30 PM

Tyler Perry's Acrimony (R) @ 7:00 PM

Your Civic League will pay for tickets and popcorn for any neighborhood resident whose household is a paid Civic League member for 2018. Passes will be issued starting at 5:30 PM until 7:00 PM – look for your treasurer outside the Cinema Cafe. Not yet a member? Sign up and pay the \$10 dues at the door.

Membership is open to all residents of Pembroke Meadows, Pembroke Shores, Hudgins Shores and Pembroke Townhomes



Come and try out Cinema Cafes new reclining loungers and reserved seating. Every seat is a good one but now you can pick exactly where you want to sit.

Neighborhood Spring Fling May 5th @ 9 AM


Join our annual clean-up of the neighborhood median, park, and pool grounds to get us looking good for the summer. Many hands make light work and it's a great chance to meet and greet your neighbors as the outdoor season begins. There will be a free cook-out lunch at the pool afterwards.

HONEY-DO'S

**Residential Repairs
No Job Too Small**

JOHN FILIPIAK
Bldg "C" Lic# 2705 037437
456-5023
Fax 497-3401

Furniture Repairs
Installations
Plumbing
Porches
Electrical
Ceramic Tile
Wall/Ceiling Repairs
Woodwork
Railings




BOWMAN REALTY
SERVING ALL OF HAMPTON ROADS

Cell: (757) 286-7455
Office: (757) 325-5495
jean@bowmanrealtyva.com
www.bowmanrealtyva.com

One Columbus Center, #629, Virginia Beach, VA 23462

Jean Bowman *Broker/Owner*



LICENSED IN VIRGINIA

Montagna's SHOPS

Comfort, Fashion and Orthopedic for Men and Women

Lucian F. Montagna, Jr., C.Ped, O.S.T.
Board Certified Podiatrist

762 Independence Blvd.
Pembroke Meadows Shop Ctr.
Virginia Beach, VA 23465
Phone 490-2034
(Across From Red Lobster)

Your Friendly Neighborhood Veterinary Hospital
COMPLETE HEALTHCARE, GROOMING, AND BOARDING

INDEPENDENCE VETERINARY HOSPITAL

Dr. Brian Hastings Dr. Richard Johnston
4608 Pembroke Blvd., Virginia Beach, VA 23455

473-8560
www.independencevethospital.com

Ficarra Jewelers

AT HAYGOOD SHOPPING CENTER



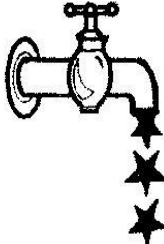
WATCH BATTERIES RING SIZING
CHAIN SOLDERING GIA APPRAISALS
PEARL AND BEAD STRINGING

NOW BUYING GOLD
363-8771
FICARRAJEWELERS.COM
Email bess.ficarra@gmail.com

Newsletter Ad Rates

- \$ 30 One time – Business Card
- \$135 One year (9 issues) – Business Card
- \$100 Insert (Advertiser provides the insert)
- \$ 60 One time – ¼ Page

Insured Licensed



Tri-Star Plumbing

"Your Complete Plumbing & Drain Service"

Herbert Wynne

497-7827 Va. Beach	Chesapeake	485-7827
857-7827 Norfolk	Portsmouth	397-3356
	Cell	404-4743

COMPLETE AUTOMOTIVE INC.

1493 Diamond Springs Road
Virginia Beach, VA 23455
www.compautoinc.com
(757) 460-2277

\$10 oil change!

10% off body/paint work over \$1000

- Replace & Rebuild Engines
- State Inspections
- Collision Repair
- Paint & Body Work
- Oil Changes
- Free Body/Paint Estimates
- And Much More!

Serving you since 1988

PLEASE SUPPORT OUR BUSINESS NEIGHBORS !!

Presidents Corner:



Well spring is here and Pembroke Meadows is blooming all over. Thank you everybody for coming to the Easter egg hunt, we had a great turnout. Hopefully the weather will hold out and we'll get to enjoy some outside time before it gets too hot. Don't forget to come to movie night on April 19th at the Cinema Cafe.

Just a little reminder to make sure that you lock your cars at night and keep an eye out for kids at play while you drive through the neighborhood. Don't forget you can sign up at nextdoor.com for other timely Neighborhood News. Pembroke Meadows is a great place to live in and I appreciate all of our neighbors.

Kate

Go Further with Food: Reduce Food Waste

It's important to learn how to reduce food waste. Roughly 40 percent of all food produced in the United States is wasted. The foods most often thrown out are the foods we should be eating more of such as fruits, veggies, seafood, and dairy products.

Reducing food waste starts at home. Simple changes you can make every day make a difference. Don't hide delicious and nutritious fruits and vegetables in the back of the fruit and veggie drawers. Put them front and center in the refrigerator or out on the counter, if it's safe to do so. That way you'll remember to eat them.

Fruits and vegetables that DO NOT require refrigeration include: apples (up to seven days), bananas, grapefruit, lemons, limes, mandarins, mango, oranges, papaya, melons, persimmon, pineapple, plantains, pomegranates, cucumbers, onions, eggplant, garlic, potatoes, sweet potatoes, pumpkin, tomatoes, winter squash, and jicama.

Only wash fruits and vegetables right before using and refrigerate all cut fruits and vegetables. Buy only the amount of fresh food that you will use within three to five days. Keep fruits and vegetables

that may quicken ripening separate, including tomatoes, bananas, and apples.

- Senior Services of Southeastern Virginia,
757-461-9481, www.ssseva.org

Letter to the Editor:

Dear Pembroke Meadows Civic League,

I would like to take this opportunity to thank the Pembroke Meadows Civic League for the generous donation they made to our All Night Grad program at PAHS. As a first year President of the Princess Anne High School Parent Teacher Student Association (PTSA), and a resident of Pembroke Meadows, I was pleasantly surprised to learn that our Civic League annually donates to this very important program. All Night Grad is a safe and sober adult-chaperoned party alternative for graduating seniors hosted on graduation night. This year, the event will begin on the Spirit of Norfolk and end at Dave and Buster's for an all night lock-in. PAHS PTSA has full responsibility for this event and covers more than 65% of the cost for each student to participate. As you can guess, an event of this magnitude requires a considerable financial and volunteer commitment but the benefits of keeping our seniors safe and sober is priceless and benefits our community as much as the students themselves. We thank you for your donation and encourage alumni of PAHS to continue to support our PTSA through donations, volunteer hours, and memberships. We would not be successful without support from the community. If you would like to know more about our PTSA, please visit our website at <http://www.princessannehs.vbschools.com/pages/parents/ptsa/>.

Thank you again for your support,
Lisa Gehring
PAHS PTSA President
Cambria Street Resident

Neighborhood Yard Sale

Our annual community yard sale is scheduled for June 9th, rain date, June 10th. Gather up your goodies and watch for further details in the May newsletter!

Our Real Estate Market...

Home Affordability

According to a blog posted by Trulia, homes nationally are currently about the most affordable they've been in the last 40 years. The median household can afford a home 1.5 times more expensive than the median home price. However, in 1980, the median household could only afford about 3/4 of the median home price. Despite somewhat stagnant incomes, the affordability increase has grown due to the sharp drop in mortgage rates over the last 30+ years, falling from a high of over 16% in the 1980's to under 4% in 2017. With that being said and home prices and mortgage rates on the rise, the affordability index will no doubt fall again. If you are thinking about purchasing a home, you may want to act sooner rather than later.

What's New Here In OUR Real Estate Market?

Currently for Sale

725 Abbey	5 BR	2 ½ BA	325,000
859 Cathedral	3 BR	2 ½ BA	194,900
4133 Cheswick Arch	4 BR	3 ½ BA	479,000
4505 Whitechapel Ct	5 BR	2 ½ BA	317,900
1101 Chelsea Ct	5 BR	4 BA	849,000

Homes Under Contract

4512 Notre Dame Ct	3 BR	1 ½ BA	174,700
625 Whitechapel Dr	3 BR	2 BA	277,500
4521 Hudgins	3 BR	2 BA	269,900

Homes Sold


636 Whitechapel DR	3 BR	2 BA	259,900
4508 St John Ct	3 BR	1 ½ BA	180,000
4444 Cambria	3 BR	2 BA	267,655

-Sue Lentini

Residents of Pembroke Meadows:

Do you have something to announce, share, or sell?

If so, contact your newsletter editor at formoores@verizon.net, or call 557-0328.



Lunch Box
\$9.95
(M-F)

Dinner Box
\$16.95
(Every Day)

Monday Closed
Tue.-Fri. 11am-10pm
Sat.-Sun. 12 noon-10pm

757-963-2888
750 Independence blvd #4564
Virginia beach va 23455
www.yamachen.com



Sue Lentini
Seniors Real Estate Specialist
Short Sales & Foreclosure Resource Specialist
REALTOR®, Licensed in Virginia

Direct: (757) 717-0889
Office: (757) 671-3343
Fax: (757) 390-3686

suesellshouses@aol.com
www.suesellshouses.com

3149 Shore Drive, Suite A
Virginia Beach VA 23451

Rose & Womble REALTY COMPANY
SUE LENTINI
Helping You Home



Greg Chapman
Licensed Home Inspector
3380001026

757-477-1712

greg@southsideinspects.com
www.southsideinspects.com

Southside Home Inspections

Waldron and Associates LLC

"Specializing in counseling for children and families"

Tamara W Childress
LPC
Waldronandassoc@gmail.com

4663 Haygood Road Bldg 2 Suite 216
757-932-5110
Virginia Beach VA 23455

PLEASE SUPPORT OUR BUSINESS NEIGHBORS!!

SCOTT RUGGIO FREE ESTIMATES NEIGHBORHOOD DISCOUNTS

FIVE STAR

TREE & LAWN SERVICE, LLC

757-297-7082

LICENSED & INSURED

TREE REMOVAL • PRUNING • FULL LAWN SERVICE

Ladies Lunch Group

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



We will meet at 11:30 am on Thursday, April 26th. This month we're going to the **Surf Rider Restaurant, at 2100 Marina Shores Drive.** **Please note this is not our usual Surf Rider.**

Please call Cynthia Lerner, (757) 589-9248, to make a reservation. Everyone is welcome - we hope you can come. If transportation is needed, please let Cynthia know.

Still Free!

Self-Standing Porch Swing
You remove it.
Call (757) 497-8455

Wanted!

Adult amateur violinists seeking 3rd/4th violinist/violist/cellist or other musician. We play classics, pop, show tunes, and folk at nursing homes. Rehearse in the Meadows area.
Kathleen 636-1402



Pavilion Dedication

Thank you to all who attended the dedication of our park pavilion to Mr. Jim Willenbrink, our longtime neighbor and neighborhood advocate, despite the chilly weather. A special thanks to Jim and Donna Price for designing, obtaining and mounting the plaque as well as providing us with a very nice, heartfelt ceremony. May Jim's sense of community, care for our waterways and dedication to Pembroke Meadows continue to inspire us all.

"Always Fixed Right"

LaPines

Computers and Software

Specializing in Computer and Network Repairs and Upgrades

Bill LaPine
Owner

4412 Drury Circle
Virginia Beach, VA 23455
757.619.7256

bill@lapinescomputersva.com
www.lapinescomputersva.com

Bird and Plant Walks are Back

Saturday, May 5, 7:30-9:00 AM

Pleasure House Point Natural Area

Spring is right around the corner and we are bringing back our popular bird and plant walks at Pleasure House Point Natural Area. All walks are on the first Saturday morning of the month and are co-lead by LRNow and the Audubon Society. Meet in the educational pavilion under the Brock Environmental Center at 7:30 AM. The pace is leisurely, and the walk is about two miles.

To register, contact Dana@LRNow.org or call 757-962-5398.

Mark Your Calendar...

Expect more details in the May newsletter for:
Clean the Bay Day - June 2nd
Neighborhood Yard Sale - June 9th
National Night Out - August 7th

PMCL POINTS OF CONTACT

Civic League Officers

President	Kate Nixon	546-4004
First VP	Susan Frohwitter	274-2001
Second VP	Donna Price	499-5115
Recording & Corres. Sec.	Beverly Wilson	499-0723
Treasurer	Carol Moore	557-0328
Webmaster	Clif Furedy	490-5792

Committees

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

Block Security

Meadows	Vacant	
Shores	Bob/Marge Brotman	497-0565
Townhomes	Vacant	

Lakes/Waterways Chairman:	Jeff Brown	464-0183
Lake Pembroke	Vacant	
Lake Meadows	Charlie Russ	497-5298
Lynnhaven	Jeff Brown	464-0183

Welcoming Committee Chair: Clera Hall, Karen Roy, Jeanette Willenbrink

Meadows	Jim Price	499-5115
Shores	Lisa Dutko	473-1112
Townhomes	Liz Hayes	472-0283

Newsletter Editor	Mike Moore	557-0328
Newsletter Ads	Carol Moore	557-0328

Pet Lost & Found/Pet Registry

Shores and Meadows	Gerry Dashiell-Richter	497-5243
--------------------	------------------------	----------

Garden Club	Peggy Caverly	490-0925
	Jeanette Willenbrink	497-0700

Recreation Center (pool)

Director	Chris Pascuzzi	499-1203
Asst Director	Jeanne Blair	497-8844
Treasurer	Terry Waters	(301) 646-1488
Secretary	Kim Best	671-1810
PMRC Pool Phone	(in season only)	963-2239

Pembroke Meadows Recreation Center

Opening Day, Saturday May 26th

**Get the Early Bird discount if you join
before April 30th.**

We included a membership application in last month's newsletter. Applications can also be downloaded at <http://bcsthome.net/pembroke/main/pool/2018PoolApp.pdf>

A family membership for the summer is \$350, and only \$315 if paid by April 30th. Individual memberships are \$150; \$135 if paid by April 30th. There are also great deals for Senior Citizens.

You do not need to live in Pembroke Meadows to join our pool! Many of our members live in other neighborhoods - all are welcome, so if you have friends you want to hang out with this summer pass them an application!



- Chris Pascuzzi

Pembroke Meadows Marlins Swim Team

It is time to sign up for the world-famous Pembroke Meadows Swim Team. Registration and information can be found at www.marlinsswimteam.com

ABRAMS REALTY

Liz & Jim Abrams- Owners

Your neighbors on Saint Martin Drive

Sales & Property Management

AbramsHomes.com

757-644-3800