

# Wheel

Watergate at Landmark Unit Owners Association  
April 2019 Vol. 45 Issue 4

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everywhere?**  
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## PRESIDENT'S UPDATE

By Gary Dahl, Board President

Enjoy the warming weather and come on out for Watergate at Landmark's Earth Day activities on Saturday, April 20, or to another community event. It is a fun time for families and residents that brightens up our property. Plant a new tree and celebrate! Read on for this month's news.

### Election and Board Members

We had a great turnout of owners voting and attending the Annual Meeting in March. Eileen Greenberg and James Samans were reelected to the Board of Directors and a previous Board Member, Abed Benzina, was elected as well. On the Thursday night following the election, the Board met and elected to retain all the 2018 Board Officers in their positions. I remain as your President, Eileen Greenberg as Vice President, Susan Bouldin as Treasurer and Vivian Moran as Secretary.

### Terrace Lounge Behavior

Several Board Members and I have received many resident complaints about the behavior of some residents in the Terrace Lounge and surrounding areas. Recently, furniture in these areas received significant damage due to jumping and stepping on couches, chairs and tables. This unacceptable behavior must stop. Violations notices are being sent to owners. These owners will be referred to Covenants for the infractions. If you observe such, please call Patrol Services and they will document the situation. Just to reemphasize the policy of Policy Resolution 86:

*"No disruptive or unsafe behavior or activity shall be carried on within these areas. Running, screaming, riding of wheeled recreational equipment, ball playing/bouncing and horse-play are considered unsafe within these spaces and are therefore not permissible. Sitting, standing on the tables, placing feet on or jumping on furniture and sleeping on the sofas are not permitted."*

### New Pool Contractor

American Pool LLC will manage and provide maintenance and lifeguard services for the indoor and outdoor pools at WAL effective April 1. The Board authorized American Pool to provide services through March 2022.

There will be some new faces around the pools. We look forward to a wonderful and lasting relationship with American Pool and its personnel.

### Racquet Club Roof

The materials for the roof are being delivered this month and roof replacement will occur soon thereafter (see page 4 for details). The hours of the Club will be adjusted and posted when construction starts. There will be noise and disruption around the Racquet Club. As a general rule, the Racquet Club will open on weekends and evenings during the construction. Work will take place Monday – Friday from 9 a.m. – 5 p.m. unless rain delays cause the contractor to make up time on a Saturday.

### HVAC Utility Closet Facade Renovation Project

The Board approved a \$2.7 million contract with EV-Air Tight for Building One's HVAC and Fascia Project. Project Review and Budget committee recommended approval of this project. This will be an eighteen month project for Building One which will start in November of this year if Building Four remains on schedule.

### Surplus Operating Funds

The Board transferred \$599,217 from excess 2018 Operating Funds into our Reserves contained under the Capital Repair and Replacement Plan. This carryover of 2018 monies to the reserves helps to reduce future condo assessments.

### Financial Statements

An independent audit by Goldklang Group found our 2018 financial statements to be in good order and representative of a healthy association with over \$8 million in assets.

***"Independent auditor Goldklang Group found our 2018 financial statements to be in good order and representative of a healthy association."***

Our next Board Meeting is April 30 at 7:30 p.m. in the Terrace Lounge. So, if you want to be an informed Watergate at Landmark owner or resident, attend the meeting and read the Board Packet on line.

See you around the community, and thanks for voting!

# Inside the Wheel



## News

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## 2019 - 2020 WATERGATE OF LANDMARK BOARD OF DIRECTORS

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## WATERGATE AT LANDMARK OFFICERS

Susan Bouldin <i>Treasurer</i>	Vivian Moran <i>Secretary</i>
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## ON THE COVER: HELLO SPRING

Goodbye to the snow and cold! Winter pansies are finally in full bloom. Watergate's spring landscape provides a impressive yearly flower show. Our thousands of flowers, hundreds of flowering shrubs along with many small and large flowering trees provide a wonderful display.

*Photo: Tom Curry*



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# THINGS ARE A-CHANGING AT WAL

By Rashawnda Atkinson

Now that spring's in full-swing, our trees blossoming and flowers blooming aren't the only things changing. The good weather outside allows for needed repairs to our infrastructure. This time of year management plans a lot of repairs and upgrades all around the community. Read on to see what's happened recently at WAL.

## Billiards Table Makeover

Have you taken a look in our billiards room lately? Well, our tables were recently refinished and have an absolutely beautiful blue felt surface, reminiscent of cool blue water. Protecting the surface from damages are custom faux-leather billiard table covers. Thinking about playing a round or two? Just bring your WAL ID down to Resident Services during office hours and request the cue sticks and



*Billiards table in the Game Room is ready for practice. Remember, the more you practice the luckier you get.*

balls. Also, be sure to have your key fob handy so you can get inside. Grab a friend or two and have a great time!

## Indoor Racquet Club New Roof

The billiards table isn't the only thing getting a facelift. Starting April 22, (weather permitting) our Indoor Racquet Club will have its metal roof replaced. Scheduled to take seven weeks to complete it is an important infrastructure project. During the project the Club's hours of operation will change during reconstruction, opening from 6 – 10 p.m. Mondays – Saturdays and Sundays from 9 a.m. – 6 p.m.

## Want to Hear the Fitness Center. TV's Try This App!

You can use the Tunity app (available on compatible Android and Apple smartphones) to hear any muted TV, including the ones available in our

Fitness Center. It's now possible to watch television while working out and not disturb others whose interests are elsewhere. Download the app, plug in your wired headphones or connect your Bluetooth-friendly headphones, scan the TV (or find the channel on your saved channels list), and let the app direct you to do the rest. Please direct any technical issues to the app's developer team, as WAL doesn't control any aspect of the app. Thanks to our GM Tom Curry for suggesting such a convenient way to hear the TV without disturbing others! Installation instructions are in the process of being posted in the Fitness Center.

## Congratulations Vinh!

As you know, Vinh Pham was the Administrative Director and Manager of Resident Services for our community. He came to us in June 2017 after managing a complex in Maryland. Vinh was selected to be the next Community Manager for a high rise property in Shirlington. His last day with Watergate was Friday, March 22.

You may remember his professional, caring demeanor or his eagerness to do whatever it took to solve a problem. He was truly a jack-of-many-trades as he stepped in to assist wherever he was needed. We will miss him!

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# THERE GOES THE NEIGHBOR (HOOD)...

HOP ON AND TAKE ADVANTAGE OF ALEXANDRIA'S DOCKLESS MOBILITY PROGRAM

By Jene Lyons, JD, PCAM  
Deputy General Manager

I was leaving Watergate one recent day for a lunchtime errand when suddenly they sprang into view: two lime green scooters, their wheels cocked nonchalantly as they stood in front of The Tuscan just across from our Front Gate. Cool! I thought.

I didn't know it at the time, but I was staring at one of Alexandria's newest pilot programs for "shared mobility devices," i.e., dockless scooters and bikes.

After that discovery, I started thinking. Should I pare down emissions during my lunch hour errands from my already clean fuel air Prius to hop aboard for a quick zero emissions scoot?

But... how? Do I have to book it ahead of time? Can I ride on the sidewalk to get the hang of it? Can I ride on it with the proper decorum while wearing a dress? And finally, how and how much do I pay? ☹

After a little research, I think I'm now ready to take my maiden voyage into dockless mobility. And you can, too! Here's what you need to know:

## Shared Mobility Primer

For an initial term of nine months, the City of Alexandria has permitted private companies Lime, Lyft, Jump, Bird and Bolt to operate devices within the City's right of ways to kick off the shared mobility demonstration program, according to the Dockless Mobility website portion of [www.alexandriava.gov](http://www.alexandriava.gov). The time frame is intended to allow city officials to analyze company responsiveness, usage patterns (time frames and frequency) and safety issues, including



*Think about hopping on a dockless scooter the next time you're running errands or exploring the West End Alexandria neighborhood.*

*Photo: Lime U.S.*

injuries and crashes, to determine whether the devices will be allowed to remain in the city long term.

The five companies have been permitted to deploy an initial fleet of 200 e-scooters and bikes in Alexandria. Expansions may be permitted if vendor usage supports such. The mission of one of the participating vendors, Bolt, is "to redesign city mobility around the world with smart, safe and sustainable transportation solutions."

## Download the App

For nearly all of the e-scooters, prospective riders start their journey by downloading the vendor app with a smartphone. From there, you review and acknowledge the agreement and then register your payment details and

date of birth with the vendor. Once you select your mode of transport, you can peruse a map screen to look for devices currently located in your area. (Note: A lime green icon is used for Lime devices; a scooter graphic within a circle is used for Bolts.) The maps typically detail the address and the estimated time it will take you to reach the device in such terms as "two minute walk."

From that point you scan the matrix barcode (typically located on the handlebars or baseboard of the device) with the vendor app or enter it manually in your phone to receive a code for unlocking the scooter.

## Review the Safety Rules

Safety rules and FAQs are detailed on each vendor's website as well as the City of Alexandria's Dockless Mobility pages. Some of the rules apply to all vendors, such as those mandating jurisdictional helmet laws and avoiding parking or leaving devices in areas that block walkways or fire hydrants. Riding in bike lanes, streets and certain trails is allowed in Alexandria, but riding on sidewalks is not. (There goes my idea for a practice run!) Some of the vendors offer online instructional videos on how to operate their devices.

## Cost

Most of the e-scooters cost \$1 to unlock and 15 cents per minute thereafter. The Bird website indicates you can get a 20-minute ride (three miles if you ride 10 mph) for \$4. Some vendors even offer discounted rides to low-income riders and veterans.

I don't know about you, but I'm ready to ride! Though I'm still wondering whether I should wear a dress....

# FREE IN-UNIT INSPECTION AVAILABLE FOR WAL RESIDENTS

Did you know WAL provides one free annual in-unit inspection upon request? Give a maintenance staff member about an hour of your time and they'll look over the main components of your unit.

Items they may inspect include your unit's dishwasher, refrigerator, kitchen and bathroom sinks, toilets, bathtubs, drains, drain lines, washing machine hoses, filters, smoke detectors, plumbing valves, caulking, windows, etc. They'll provide you with a report detailing recommended repairs or replacements. If a condition that necessitates work by an outside contractor is noted, that will be on the report as well.

By requesting the inspection, the unit owner understands and agrees that the Association does not make any warranties, expressed or implied, as to the inspections, any materials used, or any work performed.

Be sure to take advantage of this service offered here at WAL. Call the Maintenance Coordinator at 703-370-7000 to schedule an appointment.



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G (2 BR, 2 BA) 1309 SQFT

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# THE DIRTY TRUTH ABOUT RECYCLING

By Rashawnda Atkinson

You might think it's easy to recycle. Just throw the paper, plastic bottle or can in the bin and you're done right? Not quite. In the past five years, "Dirty Recycling" has increased due to poor recycling practices. Countries where our recyclables were shipped have tightened standards for what they see as recyclable. According to our disposal contractor, American Disposal Services, when items aren't separated or cleaned properly, recycling facilities reject the goods and it's shipped right to where we don't want it to go - the landfill.

Our Environmental Services staff works hard to make sure the waste and recyclable materials get to the right places whenever they pull the bins to the dumpsters for removal. However, they can't do it all alone. Let's partner with the Environmental Services staff and be sure to recycle properly so that our community - and environment - continues to thrive for years to come.

## Why Is This Important?

The face and process of recycling has changed from the days of Recycle Rex's [public service announcement](#) chant to "recycle, reduce, reuse" in the 1990s and the cries for Earth preservation a few decades prior. There are now recycling programs all over the country and around the world. Simply put, recycling isn't the "hip" thing but the "right" thing to do. As a result, countries who import recycling materials reject contaminated recycling by the millions of tons, according to American Disposal Services. Locally, recycling facilities aren't receiving these contaminated items, sending them right to the landfill because it's considered trash. The future of recycling could be in jeopardy if we don't learn how to recycle

correctly.

## How Does WAL Recycle?

Watergate at Landmark follows the current City of Alexandria's guidelines for recycling. We participate in what's called "Single Stream" recycling. This allows all eligible recyclables to be processed together in the same container, and it has been proven to increase recycling rates according to Green America.



Look for this sign in our trash rooms the next time you recycle.

Check out these guidelines below and the [signs](#) posted in the trash room of each floor so you'll know what and how to recycle.

- Empty and rinse ALL containers. Separate plastic wrap and see-through plastic on boxes prior to placing newspapers and cardboard boxes. Remove labels and personal identifiable information.
- Glass and plastic bottles, jars and cans, empty aerosol cans, milk and juice cartons, are recyclable and can go into the recycle bins.
- Small boxes (e.g. snack boxes, cereal, shoes) should be broken down, laid flat, and placed in the recycling containers. IF the box won't fit into the recycling bin, leave them at the Loading Dock.
- Mixed paper (e.g. newspaper, magazines, books, mail) should

be placed in recycling bins. Shredded papers can be recycled in a paper bag that's folded over.

- Aluminum foil, trays and steel cans are recyclable.
- Use the provided bins. Items placed in trash bags may be treated as trash.

## But What About ...

There are several things American Disposal Services isn't allowed to receive for recycling, but there's still hope. Here's what you can do with the things that our recycling program cannot accept according to the City of Alexandria's Refuse Collection program website:

## Plastic Grocery Bags

Empty plastic grocery bags can be returned to local grocery stores (e.g. Giant, Wegmans) that have collection bins for plastic bags. Also, your local

public library will accept small amounts of grocery bags because they give them to patrons who use the bags to carry library books they borrow.

### Wire Hangers

Covanta accepts wire clothes hangers as well, or you can take them to your local dry cleaner or thrift store. Recycling wire hangers keeps workers safe. Visit Covanta's [page](#) to find out what else they accept.

### Electronics

Got a few broken electronics hanging around? The Household Hazardous Waste and Electronics Recycling Site takes those too! It accepts unusable televisions, computers and other electronics too if you don't want to set them out in the Loading Dock for trash. The maximum acceptable weight is 75 lbs. By properly disposing of electronics alone - which only make up 2% of total trash by volume - electronic waste is reduced and you can lower up to 70% of heavy metals out of landfills says the nonprofit

Silicon Valley Toxics Coalition. Check their [website](#) for a complete list of accepted electronics.

### Batteries

Batteries can be recycled too! Alkaline batteries (e.g. AAA, C, 9v) can be thrown away in regular trash. However, button-shaped batteries and rechargeable batteries can go to the [Household Hazardous Waste and Electronics Recycling Site](#) on 3224 Colvin Street on Saturdays and Mondays from 7:30 a.m. – 3:30 p.m.

### Non-Food and Beverage Metal Containers

Non-food and beverage metal containers (i.e. metal blinds, pots and pans, etc.) and helium tanks that hold 20 gallons or less can be recycled by taking them to the [Covanta Waste to Energy Facility](#) located at 5301 Eisenhower Ave. You may drop off recyclable items at no cost once a week during the hours of 6 a.m. – 5:30 p.m. Mondays through Fridays and 6 a.m. – 11:30 a.m. on Saturdays.

### You Can Recycle That Too?

Other items that Household Hazardous Waste and Electronics Recycling accept include pet supplies, fluorescent light bulbs and household cleaning products. For a complete list of acceptable items, check out their [page](#) on the City of Alexandria's website.

### What Can't Be Recycled?

There are a few things that cannot be recycled, however. Paper cups, political signs (sandwich-board), wax cooking paper, wax-coated cardboard, pizza delivery boxes, plastic-coated paper, ceramic items, Styrofoam, packing peanuts and clam shell plastic containers (e.g. for fruit or salad). These are all considered unrecyclable and must be thrown away.

Just taking a few minutes to rinse and properly dispose of trash and acceptable items can put the notion of dirty recycling in the dust as well as make the jobs of our Environmental Services staff just a little easier.

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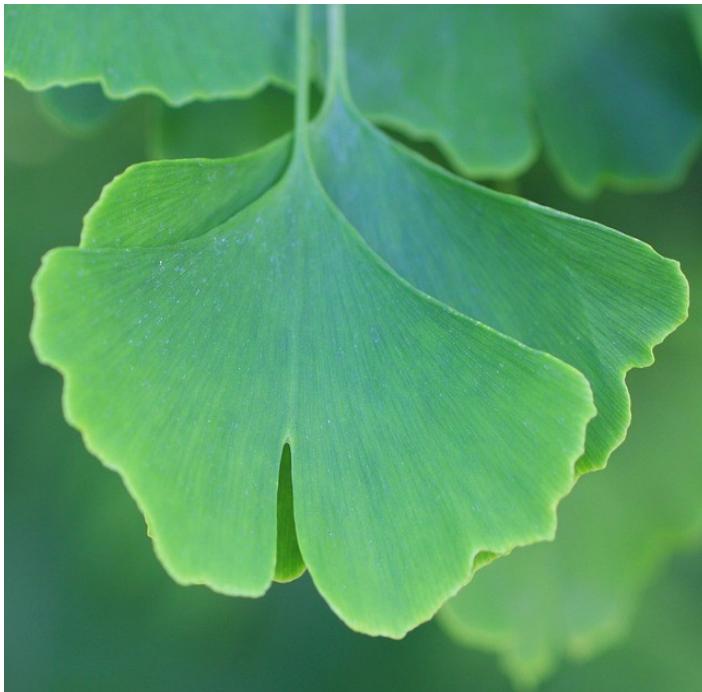
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# WATERGATE AT LANDMARK'S EARTH DAY 2019

By Bob Lee, Board Member Liaison to the Landscape Committee



*Known for its unusual fan-shaped leaf, the Gingko Tree will be featured on this year's commemorative Earth Day T-Shirt. To see the leaves up close, look for the tree at the beginning of the Pet Area near Building 4.*

Watergate at Landmark has formally observed Earth Day with a series of events that included different committees, its members and other WAL residents for several years. Participation increases each year, inspiring the beginning of an autumn community clean-up event that still focuses on environmental concerns but has a slightly less ambitious agenda. The community has benefitted from the hard work of Georges Jacques, who conceived of "Earth Day at WAL" as the former chair of the Landscape Committee. Georges still provides insight and inspiration for this event even though he also now serves on the Board of Directors.

## What is Earth Day?

Earth Day was the brainchild of a highly respected Senator from Wisconsin, Gaylord Nelson. Nelson authored a number of landmark environmental laws, including the Wilderness Act, and was instrumental in laying the groundwork for the Environmental Protection Act and the Clean Air and Clean Water Acts. Following his career in the Senate, Nelson served on the board of the Wilderness Society.

The first Earth Day was celebrated in 1970 as a day of education on environmental issues. There were national

teach-ins at several American universities. In its early years, Earth Day was closely associated with protests of the Vietnam War and youthful political activism. As time went on the event became focused almost exclusively on environmental issues and concerns. Earth Day is now observed in almost 200 countries according to Earth Day Network.

## WAL Earth Day Celebration

Earth Day is a much more modest affair at WAL. In fact, more often than not, it is not celebrated on April 22, the actual holiday, but on a Saturday immediately before or after. While our celebration may be more modest, it is nonetheless an important statement of this community's commitment to the environment.

This year's observances will include a community-wide clean-up of our property and neighborhoods along Yoakum Parkway, Stevenson Avenue and Stultz Road. Teams of volunteers will gather on the Lower Terrace at noon on April 20. These teams will spread out to clean up much of the neighborhood, equipped with trash grabbers, plastic gloves and bags. The clean-up should last an hour, after which teams will regroup and continue the tradition of planting an Earth Day tree near the back entrance to the property.

Following these activities and events sponsored by other WAL committees, our community's Earth Day 2019 will

***The first Earth Day was celebrated in 1970  
... it's now observed in almost 200 countries.***

end with a social on the Lower Terrace. It'll be at this time when we present our highly-sought T-shirts to participating residents. Each year, participants receive new shirts that celebrate the most exotic and beautiful trees on our property.

This year's shirt will feature the Ginkgo tree. Ginkgo trees have survived 270 million years on earth and have several unique attributes to include its peculiar leaf shape and fall color. WAL is fortunate to have a single Ginkgo tree sitting at the back entrance to the Pet Area near Building 4.

## Honorary Tree Planting

It is a tradition that Earth Day trees are gifted by residents and friends of the Association and funded through the

WAL Enhancement Fund. The two trees planted were October glory red maples named “Emma’s tree” in recognition of the youngest participant in Earth Day observances in 2017 and “Barbara’s tree,” named in honor of Barbara Bush who died just before Earth Day in 2018.

This year’s tree will also be a glory red maple. Long-time WAL resident Sylvia Linke and her brother, Ernest Cook, are this year’s donors. Known as “George’s tree,” the maple will be dedicated to their father, Dr. E. George Linke.

We hope large numbers of WAL residents will turn out for this year’s event. It’s great fun, good exercise and an opportunity to mingle with your neighbors and friends while you perform a civic service.

***Check out page 18 to review the event schedule and details on how to register. Registered volunteers on April 20 will receive an Earth Day T-Shirt!***

## Storage Unit Clean Out

Do you have things in storage you no longer need? Plan ahead and get rid of the trash during our Storage Unit Clean Out!

On the day listed for your building, a dumpster will be available for you to remove unwanted things stored in your storage unit. You may use the dumpster the entire day. Environmental Services staff will help transport carts from the storage room entrance to the loading dock dumpster during the hours of 10:30 a.m. to 2 p.m. on your building’s assigned Saturday.

Get your storage unit cleared without the hassle of hauling it to the local dump or spending money!

### Dumpster Location Dates

Bldg. 1	Saturday, April 27
Bldg. 2	Saturday, May 4
Bldg. 3	Saturday, May 11
Bldg. 4	Saturday, May 18

## ROB BLITZER'S WATERGATE SALES REPORT\*

\*Information provided by MRIS and represents sales by all REALTORS®.



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203	16th	F	1,211	\$247,900	0	2/1/1	02/15/19
205	9th	G	1,309	\$230,000	1	2/2/0	03/18/19
309	7th	G	1,309	\$216,500	0	2/2/0	02/28/19
203	16th	G	1,309	\$240,000	0	2/2/0	02/22/19
309	15th	G	1,309	\$239,000	0	2/2/0	02/15/19

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# WHAT IS MOLD AND HOW TO CONTROL IT

By Tom Curry, CMCA, AMS, PCAM, General Manager

Take a look around your home. See if you smell something odd or find spots on the walls, cabinets, and tile grout (to name a few areas). If you do, unfortunately you may have mold.

## Molds are Fungi

Fungi are not plants, like animals, humans and most bacterial. All fungi are heterotrophs. This means that they get their energy through consuming organic substances.

Fungi do not obtain their energy through photosynthesis like plants.

All we see is the blooming or fruiting portion of mold. The live portion is a web of tiny filaments called hyphae. They are usually hidden within the organic substance the fungi is consuming. For the most part, these webs live unseen until they develop fruiting bodies.

Mold in your home can disrupt your life and be a possible drain on your finances if you have to remediate a large area. So, what can you do? In short - stop it before it grows.

## Molds Need Moisture

Mold growth requires moisture. Washing, cooking, air humidifiers, condensation, leaks from plumbing or moisture from the outdoors are sources that can provide the high humidity conditions mold loves.

In a home, mold is most visible on damp surfaces. It often appears as a stain and varies in color. A musty smell indicates mold may be present



*Treat mold quickly to protect your health and save money.*

even when there is no visible growth. If mold is allowed to grow in homes or offices, it can contribute to poor indoor air quality.

The fruiting bodies of the mold or fungi release small "spores" into the air. So, when it grows indoors, the

## **To hinder mold growth... keep humidity levels in your home below 60%.**

number of spores is usually higher than it is outdoors. These spores are small enough that people can inhale them deep into the lungs. Some who inhale the spores may develop respiratory problems later on.

## **Control Humidity to Control Mold**

The simplest method to hinder mold growth is keep humidity levels in your home below 60%. Keep the air conditioner on or purchase a separate dehumidifier. Air conditioners remove moisture from the air and lower humidity levels. They should be kept on at proper settings at all times.

An example of how lower humidity works to control mold can be found

at the Association's indoor pool. The indoor pool water temperature is kept at 84 degrees and the air temperature is kept at a warm 86 degrees but the humidity is kept below 60% through a dehumidification system. Keeping humidity levels below 60% hinders any mold growth.

## **Mold Growth Removal**

Small areas of mold growth can be removed from hard surfaces with commercial products, soap water, or a bleach solution of one cup of household laundry bleach in a gallon of water. Never mix bleach with ammonia or other household cleaners. It will produce dangerous toxic fumes. You can also use undiluted white vinegar to kill the mold.

Bleach does not work well in treating mold on porous surfaces (i.e. drywall, lumber and grout).

To treat these surfaces, you can use a cleaner such as Concrobium Mold Control available online and at major hardware stores. According to the manufacturer, it works on all types of fungi/mold. It is a patented tri-salt polymer that eliminates and prevents mold.

It is recommended that areas of mold growth within a home larger than 10 square feet be remediated by contacting a professional mold removal service.

For more information on mold visit the Center for Disease Control (CDC) or the Environmental Protection Agency (EPA) websites.

# PARKING GARAGE FLOOR CLEANING

It's time once again for the semi-annual professional cleaning of all the parking garage floors at Watergate. The cleaning will be done during the week of April 15. We ask that you please observe the following:

All vehicles and bicycles in parking spaces must be removed from the level that is scheduled to be cleaned no later than 8 a.m. that day. They may be returned after 5 p.m. the same day or earlier if the work is completed.

Please help us avoid parking shortages in the outside lots by moving out of the

garage the morning of the day cleaning is scheduled rather than the night before. Please be sure to return your car to its indoor space after the floors are clean.

To help alleviate some of the parking strain caused by vehicle relocation, visitor parking will be restricted. Any vehicle displaying a visitor parking permit must be off site by no later than 9:00 p.m., Monday, April 15 through Thursday, April 18. Thank you in advance for your cooperation with this important maintenance task.



The garage floor cleaning helps maintain its functionality and appearance.

## Garage Floor Cleaning Schedule (*rain or shine*)

Monday, April 15, 2019

Tuesday, April 16, 2019

Wednesday, April 17, 2019

Thursday, April 18, 2019

Friday, April 19, 2019

Buildings 1 & 2, Top Level Open Garages (G Level)

Buildings 1 & 2, B1 Level

Buildings 3 & 4, Top Level Open Garages (G Level)

Buildings 3 & 4 – Building 3-B2 Level & Building 4-B1 Level

Buildings 1 & 3 – Building 1-B2 Level & Building 3-B1 Level



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## ARTS AND ENTERTAINMENT UPCOMING SHUTTLE TRIPS

All shuttle trips depart at 9:30 a.m. from the lobby of your building and return by 3 p.m. You must cancel three business days in advance of the scheduled shuttle trip to receive a full refund. Activities Office Phone: 703-370-7092.

### FRANCISCAN MONASTERY

Thursday, April 4



\$10 Shuttle • \$2 Docent Tour Fee • 9:30 a.m.

Departure The Franciscan Monastery of the Holy Land in America has been named one of the Top 5 places most tourists miss when sightseeing in Washington, D.C. Take in the beauty of the gardens, find peace in the Monastery church and among the replicas of Holy Land shrines, or learn about the Franciscans' work in the Holy Land. This attraction boasts one of the best natural views in the District! We will be taking a guided tour of the church and its Mount Calvary and Holy Sepulchre shrines, plus the catacombs, Purgatory Chapel and Visitation and Nativity grottoes (lower level of the Church). Lunch will be at your own expense at Los Tios or another restaurant in the vicinity.

### FINE DINING AT PRIME RIB

Thursday, April 18



\$10 Shuttle • 11:00 a.m. Departure

#### WAIT LIST ONLY

Prime Rib is a fine dining experience. Dress is casual elegant attire, with a jacket required for men.

\* Please note the different time of departure.

### LEE FENDALL HOUSE

Thursday, May 2



\$10 Shuttle • \$5 Docent Tour Fee • 9:30 a.m. Departure

The Lee-Fendall House Museum and Garden interprets American History through the experiences of those who lived and worked on the property from 1785 to 1969. Lunch will be on your own in Old Town Alexandria.

### NATIONAL MALL & MUSEUM MADNESS

Thursday, May 16



\$10 Shuttle • 9:30 a.m. Departure

Residents will be dropped off at a designated location on the National Mall to enjoy free time at the museums and places that interests you! Lunch will be on your own in the area of the National Mall.



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**SHOWROOM HOURS**

Mon - Fri. 9:00am-6pm  
Sat. 10:00am-4pm

# WATERGATE AT LANDMARK EVENTS

## EVENING BOOK CLUB: THE WOMAN IN CABIN 10

Thursday, April 4  
Library • 7:30 p.m.

Come chat with neighbors about the thriller by Ruth Ware.

## FLEA MARKET

Saturday, April 6

Town Square and Terrace Lounge 11 a.m. – 2:30 p.m.  
Tables for Rent: 6' – \$4 each • 8' – \$6 each

Watergate at Landmark's Flea Market is back again! Come sell your items that are still in good condition or browse through to see what deals you can get! The Flea Market will end promptly at 2:30p.m. Call the Activities Office to reserve a table or for more details.

## FREE MOVIE: VENOM

Thursday, April 11  
TV Room • 2 & 7 p.m.  
Rated PG-13

Eddie Brock is a broken man after he loses everything including his job and fiancée. Just when his life is at its lowest, he becomes host to an alien symbiote which results in extraordinary superpowers - transforming him into Venom. Will these powers be enough for this new lethal protector to defeat great evil forces, especially against the far stronger and more weaponized symbiote rival, Riot?



## SPRING CLOTHING DRIVE

Saturday, April 13  
Your Building Lobby  
1 – 3 p.m.

Bring all of your new or gently worn clothes that no longer bring you joy to your building lobby for the clothing drive! All items collected will be donated to Good Will. Sponsored by the WAL Lions Club.

## COMMUNITY SHRED



Saturday,  
April 20

Each Bldg.'s  
Loading Dock  
10 a.m. - 2 p.m.  
WAL has again  
arranged for  
Shred-It to come

onsite to assist in the safe disposal of your papers, and help the environment too! For a complete list of acceptable and unacceptable items, visit [www.watergateatlandmark.com/other-helpful-documents.html](http://www.watergateatlandmark.com/other-helpful-documents.html) and click on the Community Shred link. You may also pick up a copy at Resident Services.

### SHREDDING TRUCK ROTATION TIMES

10 – 11 a.m.	11 a.m. – Noon	Noon – 1 p.m.	1 – 2 p.m.
Bldg. 4	Bldg. 3	Bldg. 2	Bldg. 1

## EARTH DAY AND 42<sup>ND</sup> ANNUAL COMMUNITY SPRING CLEAN-UP

Saturday, April 20

Meeting Place: Lower Terrace • Noon

Join the Landscape Committee and your neighbors as we celebrate Earth Day at Watergate at Landmark! The day's events will consist of a community-wide clean-up, a tree planting and an Earth Day Cake to enjoy at the end!

Participation in the event is free, however we ask everyone to RSVP in advance. All who RSVP and participate in our community clean up will get an Earth Day T-shirt!

### Earth Day and Spring Clean-Up Schedule of Events

Noon - 12:30 p.m.	Sign –In, Group Photo, Safety Brief and Group Assignment
12:30 p.m. - 1:30 p.m.	Yoakum Parkway and Stevenson Street Clean-up
1:30 p.m.	Sign Back In and get Spring 2019 T-Shirt
1:45 p.m.	Plant Donated Tree
2:15 p.m.	Earth Day Cake Served

## WATERGATE AT LANDMARK MAY EVENTS

### SWEET TREAT DELIVERY

**Saturday, May 4**

10 a.m. to Noon  
Terrace Lounge



The Youth Committee is hosting a fruit and dessert drive and delivery event on May 4! In previous years, the Committee had an extremely successful cookie tinning and distribution event for our neighbors that needed a warm smile and friendly visit. We want to make sure those neighbors know we have not forgotten about them! The Committee asks that you to take some time to drop off fresh fruit or bake goods for our neighbors in need.

Donations can be dropped off to the Activities Office during the week of April 30 or brought down at 10am to the Terrace Lounge on Saturday, May 4. **If you know a neighbor in need of a warm smile and tasty baked goods, please register them for a delivery by Thursday, May 2.**



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- Estate Planning
- Personal Injury
- Probate

*Attorney Gregory Wade is a Watergate at Landmark resident and makes home visits for estate planning and probate issues.*

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## PROFIT NEWS

### Want to Learn How to Swim?

Swim lessons are offered year-round at WAL's Indoor Pool. Join Milos, certified swim instructor and lifeguard, for either Group or Private Swim Lessons!

#### Eight 50-minute group lessons:

**Group of 5: \$110**

**Group of 4: \$130**

**Group of 3: \$150**

**Four 50-minute private lessons: \$180**

**Semi-Private Lessons: \$30 (per person)**

Visit or call the Activities Office at 703-370-7092 to sign up or if you have questions. All group lessons will start on the hour. Group and Private Swim Lesson schedules are made upon instructor and participant availability.

### Recovery Specialty Class

**Date TBA**

Time and Location TBA

Our bodies take a beating during workouts. Muscles fatigue and they can break down if you go from one activity to another without adequate recovery. While stretching after exercising is better than nothing, there's a new trend we're seeing in the fitness world that we wholeheartedly welcome: recovery-focused classes and treatments. These classes allow individuals to work on restoring and repairing muscle to avoid injury or overuse. It also allows the body and mind to slow down, which is a nice way to balance out high-intensity workouts. Join ProFIT instructor, Alek, for this recovery-focused specialty class! Please bring a yoga mat, foam roller and yoga strap.

### Tone, Balance, Stretch Instructor Earns 200-Hour Yoga Teacher Certification

Profit's Tone, Balance, Stretch (TBS) instructor Lynne Maloney recently received her "200 Hour Yoga Teacher Certification". Our community is fortunate to have her every Wednesday to teach the TBS class that focuses on deep stretching, improving balance, and low-impact exercises. Her students love the energy and expertise she brings to the table. We are so fortunate to have a professional here like Lynne. Congratulations!

## RACQUET CLUB NEWS

### Racquet Club Hours From

Mondays	3 – 9 p.m.
Tuesdays	10 a.m. – Noon & 3 – 9 p.m.
Wednesdays	3 – 9 p.m.
Thursdays	3 – 9 p.m.
Fridays	10 a.m. – 3 p.m.
Saturdays	10 a.m. – 5 p.m.
Sundays	10 a.m. – 5 p.m.

### Reservations

Reservations must be made by WAL residents and can be made up to one week in advance. Sorry, we cannot accept reservations by email. Please call the Racquet Club at 703-370-7047 to make a reservation.

### Pickleball Play

Everyone is invited to play Pickleball on Sundays from 2 – 4 p.m. and Wednesdays from 6 – 8 p.m. in the Racquet Club. Just drop in for \$4 a player. No experience needed!

### WAL Weekly Tennis Socials

<i>Skill Level</i>	<i>Day and Time of Play</i>	<i>Fee for Residents</i>	<i>Fee for Guests</i>
Intermediate	Wednesdays 4 – 5 p.m.	\$2.50	\$9.50
	Thursdays, 7 – 8 p.m.	\$3	\$10
Advanced	Tuesdays 10 a.m. – Noon	\$6	\$13
	Fridays 10 a.m. – Noon	\$6	\$13

Join in weekly tennis socials at the Racquet Club! Please RSVP to the Racquet Club if you would like to join in and play. Are you a beginner tennis player and want a coordinated weekly tennis social? Let us know at the Racquet Club and we will get one organized!

### Tennis Lessons

<i>Group Type</i>	<i>Lesson Cost</i>	<i>Minimum No. of Enrollees</i>
Youth Clinics	\$25/person	3
Adult Clinics	\$25/person	3
Cardio Clinic	\$25/person	3
Private Clinic	\$65/hour	1
Semi-Private	\$70/hour	2

Call the Racquet Club to enroll in a class today!



Isla enjoys the winter weather unlike her Floridian owners. Photo: Johanna Bystedt and Miles McEndree

#### Pet of the Month: Isla

Hello neighbors, meet Isla! This shy eight month-old Australian Shepherd can be a bit timid around humans, which is ironic because Isla is mixed with Cavalier Spaniel, a breed known for its friendliness and playfulness. Perhaps that trait comes out though when she's around the other pups here at WAL, as Isla absolutely loves to romp around with them. Or it could be when she plays chase with WAL residents Johanna Bystedt and Miles McEndree, who are fortunate to call her their own.

Johanna and Miles named Isla after their favorite fishing spot in the Florida Keys, Islamorada. Unlike her Floridian parents, this gorgeous pup loves the cold and can be found sleeping right against the balcony door to get that extra cool air.

"She's very smart and knows lots of tricks say Johanna and Miles," and "our favorite ones are when we ask Isla to 'kiss' and 'sit pretty'." True to her Aussie Shepherd breed, Isla's herding instincts shine through, as she oftentimes herds us around the home with a little nudge of the nose. Isla is always eager and ready to learn new things.

"Although we've only had her for a few months, our little family is so lucky to have Isla. She brings us so much joy," her owners remark.

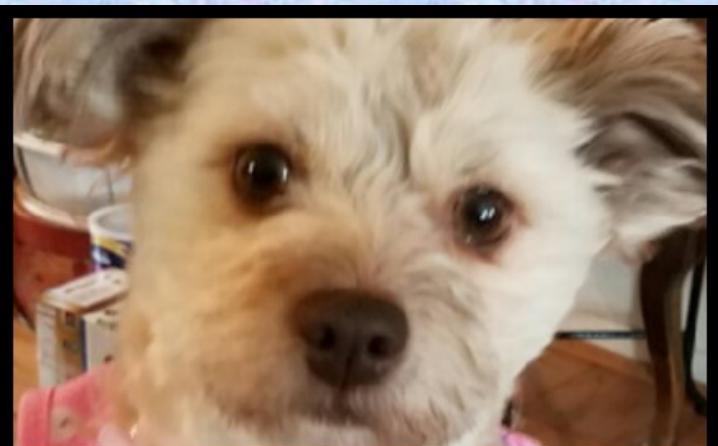
# PET COMMITTEE NEWS

Steve Clunn, WAL Pet Committee Chair

The Pet Committee meets on the first Thursday of each month at 7:30 pm in **Conference Room 1** (across from the WAL Services desk). Join us at **our next meeting on April 4<sup>th</sup> at 7:30 pm**. Currently we are working on:

- An event with *Frolick Dogs* on exercise and nutrition for healthy dogs living in condominiums. Date and time forthcoming.
- Request for maintenance/repairs on pooper scooper tools in pet areas.
- Request for the use of pet - friendly ice melt in the future.
- A proposal for shoe brush stations to remove dirt, mud and debris before re-entering your building.

Planning is also underway for the Doggie Swim in September, the Pet Halloween Parade and Photo Contest in October and Holiday Photos in November. We are always looking for new ways to help other pet owners (beyond dog owners) connect and feel supported by the WAL community. Save the dates for the 2019 Yappy Happy Hour! This year's events will take place at 7 p.m. on the Upper Terrace on **May 3, June 7, July 5, August 2 and September 6**.



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## FITNESS PROGRAMS AT WATERGATE

ProFIT Professional Fitness Management

### Spring Group Exercise Schedule

*Runs from April 1 – June 30, 2019*

Call 703-370-7092 to purchase your class today!

#### Mondays

Pilates • 10:30 a.m. • Terrace Lounge

#### Tuesdays

High Intensity Training • 6:30 p.m. • Terrace Lounge

#### Wednesdays

Tone/Balance/Stretch • 12:00 p.m. • Terrace Lounge

#### Thursdays

Aqua Zumba • 7 p.m. • Indoor Pool

#### Saturdays

Yoga • 9 a.m. • Terrace Lounge



### Want to Attend a Fitness Class?

Purchase a class pass and use it to attend any or all of our fitness classes.

**10 Classes: \$95**

**20 Classes: \$179**

**30 Classes: \$209**

**Unlimited Classes: \$229 \*Less than \$4/class!\***

**Drop-In Rate: \$10 per class**

The Spring Group Exercise Class Schedule will run from April 1 – June 30, 2019. You can join classes at any point, but classes purchased must be used in the Spring Group Exercise Class Schedule time frame.



### ProFIT Referral Program

Don't keep a great thing to yourself! Refer a friend, family member or neighbor to join ProFIT's Group Exercise Program!

If the friend, family member or neighbor commits to a class pass, they receive 35% OFF the price of their class pass AND you get two FREE classes! So don't wait, tell someone you know today!

## WATERGATE CLUBS AND GROUPS FOR ALL INTERESTS!

#### Bridge

Wednesdays • 2 p.m. • Card Room

#### Card Game Variety

Wednesdays • 4:30 p.m. • Card Room

Thursdays • 4 p.m. • Card Room

#### Canasta

Mondays • 4 – 6 p.m. • Card Room

#### Chess

Sundays • 2 p.m. • Card Room

Thursdays • 7 p.m. • Card Room

Contact Phil Mullens at [pgmullens@comcast.net](mailto:pgmullens@comcast.net).

#### Duplicate Bridge

Wednesdays • 7 p.m. • Card Room

Contact Phyllis Spinck (703-212-8926) or Myra Roney (703-823-8752).

#### Junior Scrapbooking Club

Saturdays • 10 a.m. – 12:30 p.m. • Card Room

#### Knit and Stitch

Fridays • 10 a.m. • Card Room

#### Mahjong Group

Tuesdays • 11 a.m. – 4 p.m. • Card Room

#### Party Bridge

Mondays • 12:30 – 4 p.m. • Card Room

For more please call Kris Sarma at 703-751-3966.

#### Pickleball

Sundays • 2 p.m. • Racquet Club

Wednesdays • 6 p.m. • Racquet Club

#### Pinochle/Rummy Royale

Mondays • 6 p.m. • Card Room

Contact Mary Jane German, 703-256-4844.

#### Play Reading Group

Third Tuesday • 7 p.m. • Card Room

#### Scrapbooking Club

Saturdays • 1 – 4 p.m. • Card Room

#### Science Club

Second and Fourth Fridays • 5:30 p.m. • Card Room

#### Watergate Evening Book Club

First Thursday of the month • 7:30 p.m. • Library

#### Widow and Widower's Club

First Sunday of the month • 4 p.m. • Terrace Lounge



OFFERING SPRING AND SUMMER PROGRAMS TO WATERGATE AT LANDMARK RESIDENTS

Join The

# Sports Jam

WATERGATE AT LANDMARK KIDS CLUB PROGRAM

BASKETBALL • SOCCER • SWIM • FOOTBALL • DANCE • CRAFTS • TENNIS • PLUS MORE ACTIVITIES

\$185/Week Per Person

\$50 Drop-In

10% Sibling Discount

**SPRING BREAK SESSION  
RUNS MONDAY, APRIL 15 –  
FRIDAY, APRIL 19**

Join Milos for fun at the Sports Jam WAL Kids Club Program! No need to look for Spring Break plans elsewhere, as we're just steps from your door. There will be sports, a lunch break, and other on-site activities.

Register With Liz in the Activities Office to make sure you don't miss out on the fun!

## GOT SUMMER PLANS?

We'll have the Sports Jam WAL Kids Club Program available 9 a.m. – 3 p.m. from June 24 through August 2. Register for 3 or more weeks and get 10% off! You must register for those weeks at one time to get the discount.



National Museum of the Marine Corps Tour



Sports Jam Kids Club Program

# The More We Get Together... The Happier We'll Be!

Take part in one of Watergate at Landmark's upcoming activities!



Hi-Tech Game Night at WAL



Wills and Trusts Presentation

# APRIL 2019 EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
Pilates - 10:30 AM -TL Bridge 12:30 PM - CR Canasta - 4 PM - CR Pinochle - 6 PM - CR Lions Club - 7 PM - TV Communications- 7PM - CF1	Tai Chi - 8 AM - TL Mahjong Group - 11 AM - CR Seniors - 2 PM - TL High Intensity Training - 6:30 PM - TL A&E - 7 PM - LB Covenants - 7PM - CF2	Tai Chi - 9 AM - TL Tone/Balance/Stretch 12 PM - TL Bridge - 2 PM - CR Card Game Variety 4:30 PM - CR Pickleball - 6 PM - RC Youth - 6 PM - CF2 Recreation - 7 PM - CF1 Infrastructure - 7 PM - CF2 Duplicate Bridge 7 PM - CR	Tai Chi - 8 AM - TL <b>Shuttle Trip: Franciscan Monastery - 9:30 AM</b> Card Game Variety 4 PM - CF2 Chess - 7 PM - CF2 Aqua Fitness - 7 PM - IP Evening Book Club 7:30 PM - LB <b>Pet - 7:30 PM - CF1</b>	Tai Chi - 9 AM - TL Knit and Stitch 10 AM - CR First Friday Social Hour - 8 PM - PR 1	Tai Chi - 8 AM - TL Yoga - 9 AM - TL Jr. Scrapbook Club 10 AM - CR <b>Flea Market - 11 AM - TS/TL</b> Scrapbook Club 1 PM - CR	
7	8	9	10	11	12	13
Pickleball 2 PM - RC Chess - 2 PM - CR	Pilates - 10:30 AM - TL Bridge 12:30 PM - CR Canasta - 4 PM - CR Pinochle - 6 PM - CR	Tai Chi - 8 AM - TL Mahjong Group 11 AM - CR High Intensity Training - 6:30 PM - TL <b>Social - 6 PM - CF2</b>	Tai Chi - 9 AM - TL <b>Landscape -11 AM - CF2</b> Tone/Balance/Stretch 12 PM - TL Bridge - 2 PM - CR Card Game Variety 4:30 PM - CR Pickleball - 6 PM - RC Duplicate Bridge 7 PM - CR <b>PRC - 7 PM - CF2</b>	Tai Chi - 8 AM - TL <b>Free Movie: Venom - 2 &amp; 7 PM - TV</b> Card Game Variety 4 PM - CR Chess - 7 PM - CR Aqua Fitness - 7 PM - IP	Tai Chi - 9 AM - TL Knit and Stitch 10 AM - CR	Tai Chi - 8 AM - TL Yoga - 9 AM - TL Jr. Scrapbook Club 10 AM - CR Scrapbook Club 1 PM - CR <b>Spring Clothing Drive - 1 PM - BL</b>
14	15	16	17	18	19	20
Pickleball 2 PM - RC Chess - 2 PM - CR	Sports Jam Kid Club - 9 AM - TS Pilates - 10:30 AM - TL Bridge - 12:30 PM - CR Canasta - 4 PM - CR Pinochle - 6 PM - CR	Tai Chi - 8 AM - TL <b>Sports Jam Kid Club - 9 AM - TS</b> Mahjong Group 11 AM - CR High Intensity Training - 6:30 PM - TL Play Reading Group - 7 PM - CR	Sports Jam Kid Club - 9 AM - TS Tai Chi - 9 AM - TL Tone/Balance/Stretch 12 PM - TL Bridge - 2 PM - CR Card Game Variety 4:30 PM - CR Pickleball - 6 PM - RC Duplicate Bridge 7 PM - CR	Tai Chi - 8 AM - TL <b>Sports Jam Kid Club - 9 AM - TS</b> <b>Shuttle Trip: Prime Rib Dining - 11 AM</b> Card Game Variety 4 PM - CR Chess - 7 PM - CR Aqua Fitness - 7 PM - IP	<b>Sports Jam Kid Club - 9 AM - TS</b> Tai Chi - 9 AM - TL Knit and Stitch 10 AM - CR	Tai Chi - 8 AM - TL Yoga - 9 AM - TL Jr. Scrapbook Club 10 AM - CR <b>WAL Shred Event - Bldg. 4 - 10 AM - LD</b> <b>Bldg. 3 - 11 AM - LD</b> <b>Bldg. 2 - Noon - LD</b> <b>Earth Day Clean Up - Noon - LT</b> Scrapbook Club 1 PM - CR <b>WAL Shred Event - Bldg. 1 - 1 PM - LD</b>
21	22	23	24	25	26	27
Pickleball 2 PM - RC Chess - 2 PM - CR	Racquet Club Roof Replacement Starts Pilates - 10:30 AM - TL Bridge 12:30 PM - CR Canasta - 4 PM - CR Pinochle - 6 PM - CR <b>Budget - 7 PM - CF2</b>	Tai Chi - 8 AM - TL Mahjong Group 11 AM - CR High Intensity Training - 6:30 PM - RC	Tai Chi - 9 AM - TL Tone/Balance/Stretch 12 PM - TL Bridge - 2 PM - CR Card Game Variety 4:30 PM - CR Pickleball - 6 PM - RC Duplicate Bridge 7 PM - CR	Tai Chi - 8 AM - TL Card Game Variety 4 PM - CR Chess - 7 PM - CR Aqua Fitness - 7 PM - IP	Tai Chi - 9 AM - TL Knit and Stitch 10 AM - CR	<b>Bldg. 1 Storage Clean Out</b> Tai Chi - 8 AM - TL Yoga - 9 AM - TL Jr. Scrapbook Club 10 AM - CR Scrapbook Club 1 PM - CR
28	29	30	<b>Location Key</b> BL= Building Lobby; BP=Billiard and Ping-Pong Rooms; BR=Blue Room; CF1=Conference Room 1; CF2=Conference Room 2; CR=Card Room; FC=WAL Fitness Center; IP=Indoor Pool; LB=Library; LD= Loading Dock; LT=Lower Terrace; M=Market; MA=Multi-purpose Area; OP=Outdoor Pool; P=Playground; PG=Putting Green; PR=Party Room; RC=Racquet Club; TL=Terrace Lounge; TS=Town Square; TV=TV Room; UT=Upper Terrace			
Pickleball 2 PM - RC Chess - 2 PM - CR	Pilates - 10:30 AM - TL Bridge 12:30 PM - CR Canasta - 4 PM - CR Pinochle - 6 PM - CR <b>Monthly Board of Directors Meeting 7:30 -TL</b>	Tai Chi - 8 AM - TL Mahjong Group 11 AM - CR High Intensity Training - 6:30 PM - RC				

SCHEDULE YOUR APPOINTMENT TODAY



EXPERTS IN **BATHROOM &  
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