

# Wheel

August 2022, Vol. 48, Issue 8  
Watergate at Landmark Unit Owners Association

National  
Night  
Out

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## POSITIVE VIBES

National Night Out is one of the largest summer events that happens throughout the country. At WAL, it's a chance for residents to bond and connect across generations. Attendees interact with law enforcement and other first responders in a fun and welcoming atmosphere.

Read about this and other upcoming events on page 10.

Photo: Zohreh Khoshnamak



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Wheel is a publication of the Watergate at Landmark Unit Owners Association

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For publication consideration, please submit original content (e.g. articles, photos) to [commgr@watergateatlandmark.com](mailto:commgr@watergateatlandmark.com). High-quality photos are recommended (300 dpi or greater). Management makes content decisions and it is understood that revisions and edits will be made for space and publication style. Publication is not guaranteed.

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Susan Bouldin, *Treasurer*

Vivian Moran, *Secretary*

### KEY WATERGATE AT LANDMARK CONTACTS

Shuttle Bus Updates: Text "watergate" to: 844-612-2165

Resident Services Office: 703-370-7000

FirstService Residential: 703-385-1133

Activities Office: 703-370-7092

Metro Water: 703-461-3418

Gate Communications\*: 703-370-2674

\*You may call this number for after-hours emergencies.

### Lobby Entrance Camera

Comcast - 971

Master Antenna - 3

### WAL CCTV Channels

Comcast - 970

Master Antenna - 8

# PRESIDENT'S UPDATE

By Phil Schrock, Board President

August is here already! This month's update includes several reminders and highlights recent decisions, activities and topics of interest. It's also Watergate's important "Budget Month!"

## New Human Resource Director

Last month Watergate welcomed our new HR Director, Ms. Maribel Contreras. Ms. Contreras is well qualified with over 22 years of HR experience. She's a seasoned professional with private and public sector experience—the right person for the right job at the right time. Welcome aboard, Maribel!

## Rising Costs, Inflation, FY2023 Budget

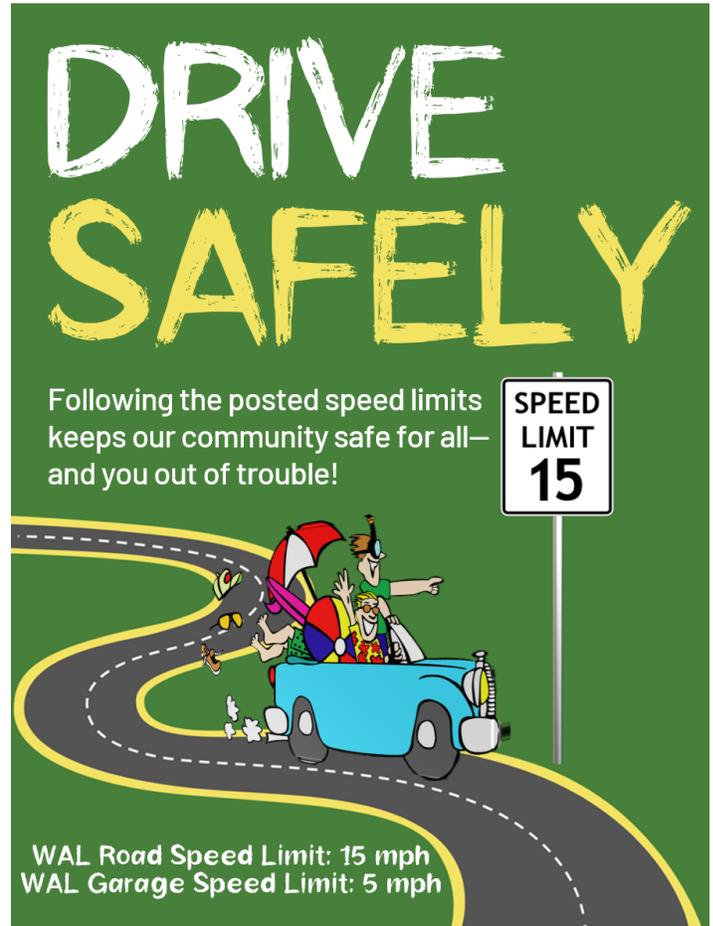
I don't need to remind everyone that inflation is the highest in 40 years and the cost of living has increased drastically. You know that from your recent visits to the grocery store and gas pumps! Similarly, Watergate is challenged with increased costs from our contractors, service providers and operational and maintenance costs. This has been a particularly tough year as the Budget Committee, Management and Board diligently worked to balance funding requirements and simultaneously strived to curb costs for the new budget to be ready for Board approval by the end of this month. Our budget required hard decisions and deferral of some FY2023 desired projects; however, we will not defer required infrastructure/safety maintenance and repair. The July Board meeting included the first reading of the FY2023 Budget. This month you will have the opportunity to participate in the Town Hall meeting prior to the Board approving the final budget at its August meeting.

## WAL Information and Communication

Often residents stop and ask me questions about this or that – I welcome those questions and respond as best I can. During those conversations I often ask whether they read the Watergate Weekly, Wheel, Bulletin Boards, CCTV or email blasts from Management. Unfortunately far too few do! I also encourage them to attend the monthly Board meetings. I urge all owners to attend the monthly Board meetings and stay informed of the challenges and key Board decisions. If you can't attend Board meetings, I ask that you at least read the Board meeting minutes or Board meeting summaries. Also, please read the General Manager's articles, Management's emails and other available information.

## Speeding and Unsafe Acts

Despite the numerous speed limit and stop signs, speed humps, pedestrian crosswalks and other safety measures the Board and Management have implemented, too many drivers still disregard public safety. To say this is concerning is an understatement! Therefore, I've again asked



Obey the posted speed limit. Graphic: Rashawnda Daniels-Atkinson

Management and Patrol Services to increase traffic monitoring for compliance. All drivers on Watergate property must adhere to traffic safety – regardless! Scofflaws must be stopped. How can you help? First, make sure you drive safely. Second, when you see an unsafe act, immediately report the time, place and event to Chief Ortiz at [chief@watergateatlandmark.com](mailto:chief@watergateatlandmark.com). This will help him identify the offender and take appropriate actions. Safety on our community's roads is a top priority!

## Recent Contracts

- Building 3 Balcony Renovation Project is the last of the four buildings, using the same contractor and engineer as the previous three buildings.
- Building 3 Elevator Machine Replacement uses the same contractor as the previous three buildings.
- Trash and recycling has a one-year contract extension (FY2023) with the current company.
- Grounds maintenance continues with our current company on a 4½ year contract (July 2022 – December 2026).
- Gazebo renovations commence at the end of summer.
- Garage maintenance and repairs are ongoing.

## Questions or Comments on This and That?

Do you know who to contact when something needs attention? Owners and residents are always given the oppor-

tunity to come to Board meetings in the Terrace Lounge and speak to the Board during the Residents Forum. To speak, please contact our Executive Assistant to the Board by noon the day before the Board Meeting at [ea2bod@watergateatlandmark.com](mailto:ea2bod@watergateatlandmark.com).

If you see something that needs immediate attention, it's best to call the Management Office at 703-370-7000 or email Watergate's management team directly with the pertinent details. The Management team's contact information is shown on WAL's website and is as follows:

- Greg Gardner, PCAM, General Manager: [gm@watergateatlandmark.com](mailto:gm@watergateatlandmark.com)
- Jene Lyons, PCAM, Deputy General Manager: [dgm@watergateatlandmark.com](mailto:dgm@watergateatlandmark.com)
- Javier Ortiz, Chief of Patrol Services: [chief@watergateatlandmark.com](mailto:chief@watergateatlandmark.com)
- Doe Mingle, Environmental Services Director: [dmingle@watergateatlandmark.com](mailto:dmingle@watergateatlandmark.com)
- Ron Gibson, Facilities Director: [rgibson@watergateatlandmark.com](mailto:rgibson@watergateatlandmark.com)
- Christina Clark, Executive Assistant to the Board of Directors: [ea2bod@watergateatlandmark.com](mailto:ea2bod@watergateatlandmark.com)
- Margaret Nestor, Resident Services Manager: [adir@watergateatlandmark.com](mailto:adir@watergateatlandmark.com)
- Rashawnda Atkinson, Communications Manager: [commgr@watergateatlandmark.com](mailto:commgr@watergateatlandmark.com)
- Ana Bonilla, Move Coordinator: [move@watergateatlandmark.com](mailto:move@watergateatlandmark.com)
- Shayalah Nesbitt, Maintenance Coordinator: [handyman@watergateatlandmark.com](mailto:handyman@watergateatlandmark.com)
- Marcus Bailey, Accountant: [accounting@watergateatlandmark.com](mailto:accounting@watergateatlandmark.com)

- Kwamé Jones, Activities and Fitness Director: [activities@watergateatlandmark.com](mailto:activities@watergateatlandmark.com)

Summer will be over soon. As the two-year pandemic memories fade in our rearview mirror, Watergate residents have found our new normal by enjoying our enviable community life, social events, Arts and Entertainment outings, recreation facilities and other amenities or activities. Owners are renovating their units, home values are increasing and life is good! We look forward to the best that is yet to come.

## Project Update

*By Greg Gardner, PCAM, General Manager*

We are steadily moving forward with repairs for construction projects related to the Visual Building Structural inspection at WAL. With engineer's recommendations for repairs, Board review and approval of contractors, we will prioritize repairs, so we ensure items are corrected in a timely and appropriate manner.

We anticipate repairs in the Bldg. 2 garage to be completed within the next couple of weeks, and the repairs below and above the Bldg. 3-4 Garage to be completed in the next 60 days. The engineer and contractors involved in this work have a longstanding relationship with WAL, performing major projects in our community and ensuring our infrastructure is sound.

Thank you for your patience and understanding while repairs are in progress. We will continue to provide updates as we are able to do so.

WATERGATE  
AT  
LANDMARK



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# WELCOME TO WAL

*By Resident Services*

On the behalf of Watergate at Landmark management team, Resident Services welcomes all new residents and owners to our community. The following information is vital to acclimating to the WAL community.

## Resident Orientation

New owners and renters must go through orientation to pay the associated fees and receive parking decals. Email [move@watergateatlandmark.com](mailto:move@watergateatlandmark.com) or call 703-370-7000 to schedule your orientation and move-in date.

## WAL IDs

Keep your WAL ID with you as well as your fob. These allow access to our amenities and are helpful when you need assistance from the office. Know your building number, unit number and tier (the last two numbers of your unit number). This helps staff verify your resident status and direct services your way.

## FSR Account Set-up

New owners must set up accounts with First Service Residential. There they can set up payment schedules, view any balances, and access important documents related to their unit. If you need to put in a change of address, you must contact FSR to input that information.



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## Got Tenants?

Should you lease your property, renters must stay for at least one year; subleasing is not allowed. Leases are an agreement between the renter(s) and the owner or property manager. The lessor bears the responsibility of passing information for fees, rules and regulations on to the renter.

## Locked Out?

To avoid a lock out, it's recommended that you update your convenience/emergency key with the Association. Having such on file is helpful when you lock yourself out of the unit or there's an emergency that requires immediate access to your unit while you are away.

## Fee Schedule

This document lets you know the costs associated for a variety of services here at WAL. Copies are available at Resident Services upon request.

## Party Room Rentals and Activity Fees

Party room rentals, gazebo rentals, and activity fees (e.g. tickets for special events or shuttle trips) are paid through the Activities Office.

## Moving Large Items

When moving large items in or out of your unit, please use the **service elevators** or you risk being referred to Covnants for violating Association rules and regulations. The service elevator must be reserved beforehand and related deposits and fees are payable before the move occurs.

## Common Forms and Documents

Do you need a move document, want to register a pet, or need the current fee schedule? Documents covering these topics and other issues are downloadable online at our website [www.watergateatlandmark.com](http://www.watergateatlandmark.com).

## Parking Passes

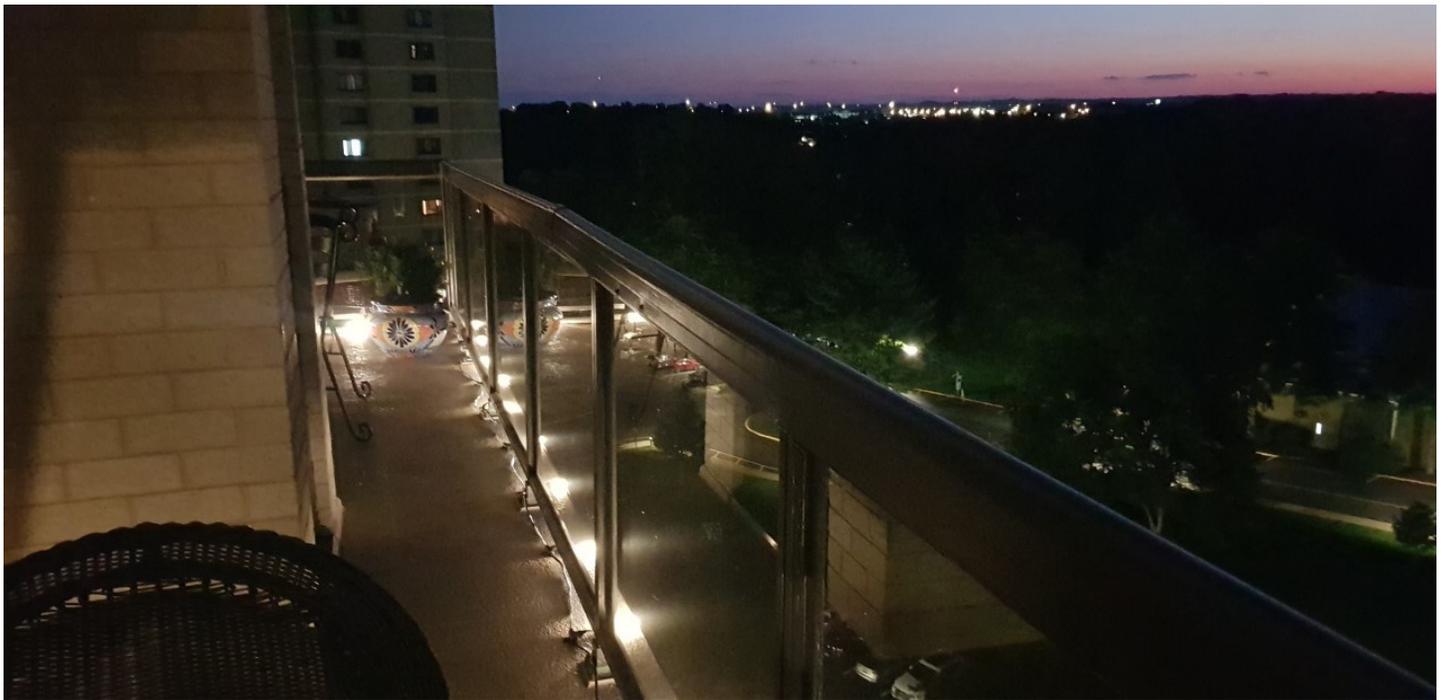
There are several forms of parking passes. In addition to the daily or 48-hour pass, visitors may obtain at the gate, we have long-term visitor passes to meet your needs. For two-week visitors passes, request one at the Resident Services Office. Bring your visitor's license with you and know your vehicle's make and model. Quarterly visitor passes require additional paperwork and are limited to your unit type. Annual parking passes are available for frequent visitors; however, you need to have your guest's license and registration present upon request. The pass costs \$25, with an annual renewal fee of \$25. This allows them to enter through the resident's side at the Front Gate.

## When Are You Open?

Our offices are open Monday – Friday from 8 a.m. – 7:30 p.m. and on Saturdays from 9 a.m. – 3 p.m. We are closed on New Year's Day, Memorial Day, July 4, Labor Day, Thanksgiving Day and Christmas Day. Emergency delays or closures follow the Federal Government OPM status.

# KEEPING OUR BALCONIES BEAUTIFUL

By Rashawnda Daniels-Atkinson



*Proper balcony care preserves access to the picturesque views they offer and maintains property values.* Photo: Bridget Jaspert

Residents rave about the scenic views our balconies provide them. Maintaining these limited common elements are vital to maintaining our property value and visual aesthetic.

## Balcony “Do-List”

When choosing patio furniture, bear in mind the total weight of the furniture and other items you want to have. The total safe limit of weight on any unit balcony is no more than 60 pounds per square foot.

Décor may be placed on balcony walls above the railing and varies according to unit type. Refer to the “Fixtures and Decorations” section of the Rules and Regulations (R&R) to view the specific guidelines for such. At any rate, you may not drill holes into the brick wall nor have items hanging from or protruding over the balcony railing. Decorative lights 1-in. in length or smaller may be turned on between dusk and 11 p.m. Lamps may be used while on the balcony.

Planters are allowed on the balconies in accordance with WAL’s rules and regulations. Generally, floor planters cannot exceed 50 lbs. and can be no taller than 1.5 in. above the railing. The total weight of floor planters cannot exceed 300 lbs. Also, hanging planters 30 lbs. or lighter may be hung from the railing (not the ceiling) as long as the top of the container for the plant does not exceed 1.5 in.

Small appliances (e.g. portable radios and TVs) and cleaning/gardening accessories may be used in accordance with the rules.

## Cleaning Suggestions

Sweep debris into a dust pan and dump into your trash can. Do not use chemicals on the balcony floor nor excess water that flows onto the balcony or ground below. When leaving the area, check the balcony area for food and drinks. Remove such items to curb birds and other critters from making your balcony their home.

## Sorry, Not Allowed

Here are some of the actions prohibited on the balconies by our R&Rs:

- Major appliances or mechanical devices
- Painting any part of the balcony or balcony area
- Hanging lights, shade-creating material or enclosures from any part of the balcony or “ceiling”
- Floor coverings of any type, even “balcony-safe” ones
- Bird feeders
- Aerials/antennas, excluding approved satellite dishes
- Clothing for airing or drying
- Items which may be easily dislodged from the balcony
- Decals, mirrors, storage items exceeding the height of the balcony railing
- Bicycles, tricycles, other recreational wheeled vehicles and vehicle tires
- Overwatering plants

# HOWDY, MARIBEL!

By Rashawnda Daniels-Atkinson



WAL's new HR Director.  
Photo: Watergate at Landmark

Watergate at Landmark is pleased to announce its current Human Resources Director, Maribel Contreiras! This native Washingtonian has lived in Alexandria for 25 years and has over 22 years of human resources experience in government contracting and in the public sector. Maribel's work history includes administration, training, employee relations, benefits and compensation. This position was the "perfect change of pace and direction" for the HR Director, who's thrilled that her new commute is about 8 minutes away—if walking in heels.

"I enjoy working with people, giving them opportunities to grow, gain knowledge and access company benefits and opportunities of which they may not know," she mentioned, "...in a smaller environment, you can focus on employee needs better and get to truly know them."

## Making Changes

As the new HR Director, Maribel desires to improve operations and move her department towards paperless. She also desires to implement targeted departmental training and to "support residents while providing a high level of professionalism and efficiency."

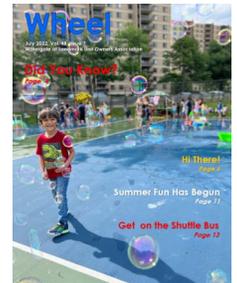
For her, professionalism starts with establishing positive rapport and gaining respect from residents and staff alike.

"I'm big on respect. That is the key. You can have the right structure, the right personnel and checklists but it doesn't mean much without respect. If you treat people well, they will respond accordingly. After all, WAL's employees are valuable assets. It's important to show appreciation in a variety of ways for their hard work," she stated when asked about her work environment philosophy.

Give a Watergate welcome to our new HR Director!

## Wheel Correction

After the July 2022 Wheel was distributed, new information was received that the photo cover was taken by WAL resident Lamya Shumalia. All electronic records have been updated with the photographer's name.



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**Why R-22 Refrigerant is so costly--** The *Environmental Protection Agency (EPA)* determined that R-22 damages the ozone layer and is currently in the last few years of phasing out R-22. With the phasing out, the EPA has stopped the production of R-22 and no longer allows it to be imported. **R410A is the refrigerant used in the manufacturing of new air conditioners today.**

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Restrictions apply. Call for more details.

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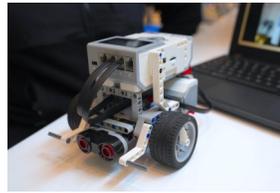
**Call or Text Us! 703-936-6934**

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# WAL UPCOMING EVENTS

## JOIN THE WATERGATE ROBOTICS CLUB

Registration is now open for the WAL Robotics Club for the 2022 – 2023 season. Volunteers with engineering, computer science and robotics experience desired. For more information, please email club organizer Zohreh Khoshnamak at [khoshnamak@gmail.com](mailto:khoshnamak@gmail.com).



## NATIONAL NIGHT OUT

**Tuesday, August 2**  
Lower Terrace • 5 – 8 p.m. • FREE

Stand together to show the community the steps WAL is taking to be a safe and enjoyable community. We will have music, games and treats to engage in! This event is free to attend. Please call the Activities Office at 703-370-7092 with questions. Sponsored by the Youth Committee.

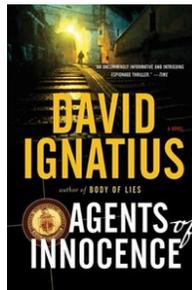
## WATERGATE BOOK CLUB

**Thursday, August 4**

Conference Room 2 and Virtual  
1 – 5 p.m.

*Agents of Innocence* by David Ignatius

Discuss with neighbors a “superlative spy novel.” according to the *New York Times*. Into the treacherous world of shifting alliances and arcane subterfuge comes idealistic CIA man Tom Rogers. Ordered to penetrate the PLO and recruit a high-level operative, he soon learns the heavy price of innocence in a time and place that has no use for it. Email [dpmullens@comcast.net](mailto:dpmullens@comcast.net) for details.



## MANSION ON O STREET SHUTTLE TRIP

**Thursday, August 4**

Pickup Time 9:15 a.m. • Shuttle: \$12 plus Tour: \$30

Walk in the footsteps of history makers, artists, politicians and more at the “Coolest Place in DC” according to [booking.com](http://booking.com)! Then, dine at Bistrot Lepic & Wine Bar at your expense. *Walking with steep stairs is involved on this excursion, both for the O Street Mansion and the Bistrot Lepic restaurant. Ticket sales are final.* Sponsored by the A&E Committee.

## YAPPY HAPPY HOUR

**Friday, August 12**

Upper Terrace • 7 p.m. • Donations Appreciated

Hang out with your pet or love on one at this pet-friendly social sponsored by the Pet Committee!

## HISTORIC BLENHEIM HOUSE SHUTTLE TRIP

**Thursday, August 18**

Pickup Time 9:15 a.m. • Ticket: \$14 (Shuttle and Tour)

Join the A&E Committee on a tour of the Historic Blenheim House. Immerse yourself in the home’s “graffiti”, and view the carvings and artwork left behind by the Union soldiers during the Civil War. These walls contain over 100 names, units, dates, poems and artistic drawings. **Tickets can be purchased in the Activities Office and all sales are final unless the trip is canceled.** After the hour-long tour, you’ll be taken to the Mosaic District for shopping and dining at your expense.

## WAL BACKYARD CAMP-OUT

**Sunday, September 4 - Monday, September 5**

Picnic Area 2 (Near the Back Gate) • 4 p.m. – 11 a.m.  
**Free to Attend But Pre-registration is REQUIRED**

Have you ever wanted to try camping? Or are you a die-hard fan of sleeping under the stars?



For the first time ever, Watergate is permitting residents who pre-register at the Activities Office to pitch a tent for one night. This event, fun for the whole family, is being organized by the Youth Committee and will take place the Sunday night to Monday morning of Labor Day weekend. We will make smores over a “campfire” on the grill and should be able to catch fireflies.

Campers must bring their own equipment (e.g. tent, blankets/sleeping bag). Only registered campers will be allowed to participate; space is limited! Tents may be pitched between 4 – 8 p.m. on Sunday. One grill will be dedicated for s’mores from 9 – 10 p.m., other grills will be first-come, first-served. No fires allowed during quiet hours (10:30 p.m. – 7 a.m.). Tent takedown is from 9 – 11 a.m. on Monday.

If you have questions, feel free to ask the Activities Director or the Youth Committee chair.

# WAL UPCOMING EVENTS



## YAPPY HAPPY HOUR

Friday, September 9  
Upper Terrace • 7 p.m.

Bring your fur baby to this pet-friendly social sponsored by the Pet Committee. Donations are greatly appreciated!

## U.S. OPEN VIEWING PARTY

Sunday, September 11  
Terrace Lounge • 4 p.m. • FREE

Join the Recreation Committee for a Sunday of tennis fun and light snacks! RSVP with the Activities Office.

## NATIONAL GALLERY OF ART

Thursday, September 15  
Pick up Starts at 9:30 a.m. • Tickets: \$12

View breath-taking art in the nation's capital with the A&E Committee. Plan to buy lunch at the gallery.

## ANNUAL DOGGY SWIM

Saturday, September 24  
Rain date: Sunday, September 25  
Outdoor Pool • 10 a.m. – Noon • \$10 per Family

Join the Pet Committee as they host the Annual Doggy Swim! You can register in advance at the Activities Office or at the pool entrance on the day of the event. This event will have sponsoring vendors sharing information about their pet-related services. There will be give-away items from the vendors, a raffle and prizes from the Pet Committee. Your registration for the event is your entry for the raffle.



Dogs belonging to WAL residents must have a WAL pet tag to prove registration and proper vaccination. Dog owners must sign a liability form when registering. WAL guests may have their dogs swim upon proof of rabies vaccination (e.g. veterinarian certificate or city/ county dog license) and a WAL resident accompanying them during their time at the event. More details to come.



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# PRO-FIT INFORMATION

## Summer Group Exercise Schedule

*Session Ends on September 30, 2022!*

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



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### Mondays

Pilates • 10:30 a.m. • Terrace Lounge

### Wednesdays

Tone/Balance/Stretch • 12:15 p.m. • Terrace Lounge

### Fridays - **NEW CLASS**

Aqua Zumba • 4 p.m. • Indoor Pool (**Free Class Aug. 5**)

### Saturdays

Gentle Yoga • 9 a.m. • Terrace Lounge

## Free Aqua Zumba Class on August 5

Aqua Zumba brings new meaning to the idea of an invigorating workout. It combines the South American Zumba rhythm and dance steps with a pool party. It offers a fun yet challenging, water-based and body-toning workout. So, liven up your work week with some Latin fever!

Combining the Zumba philosophy with vigorous aqua exercises this is one pool party you don't want to miss! The water's resistance cushions your feet, knees and back as you dance the class away! Classes are held in shallow water (chest deep) for a low-impact, yet challenging workout!



## Want to Attend a Fitness Class?

Buy a class pass and use it to attend any of the fitness classes offered at Watergate at Landmark!

**10 Classes: \$95 \* 20 Classes: \$179 \* 30 Classes: \$209**

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

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

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

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# PLANTS DO A BODY (AND MIND) GOOD

By Rashawnda Daniels-Atkinson



Whether it's edible snap peas (left), an evergreen plant aloe and cacti (second), pothos (third) or even Ukrainian sunflowers (right), you can grow a variety of plants on your balcony or in your unit! Photos: Allen Kent, Pixabay and Barbara Hodges

Are plants only good for food and visual beauty? Or is there more to the power that plants wield over humanity?

Researchers in a [2015 article](#) published in the *Journal of Physiological Anthropology* found that actively interacting with house plants reduces physical and mental stress. Participants were more relaxed and had lower blood pressure after the plant activity versus the computer task. Also, bacterium in plant soil triggers the release of serotonin, which lifts mood and reduces anxiety according to a [study](#) *Neuroscience* published in 2007. Furthermore following are a few of [the many benefits of plants](#) that Dr. Charlie Hall, the Ellison Chair in International Floriculture at Texas A&M University, highlights on the university's website:

- Improved concentration and memory
- Reduces stress-related depression
- Increases happiness and relaxed feelings
- Aids in accelerating the healing process
- Increased energy levels, feelings of vitality and positive outlook on life
- Deeper levels of compassion and stronger social relationships

Plants have many superpowers beyond beauty and nutrition. To begin growing plants at home, choose a plant that works best for your desired location, budget and aesthetic.

## Easy To Care For Indoor House Plants

Here is a [list of suggested plants](#) to begin with from non-profit organization Get Growing Foundation (GGF):

- |              |                 |             |
|--------------|-----------------|-------------|
| • Jade Plant | • Prayer Plants | • Basil     |
| • Pothos     | • Peace Lily    | • Cacti     |
| • Fern       | • Snake Plants  | • Aloe Vera |
|              | • Lavender      |             |

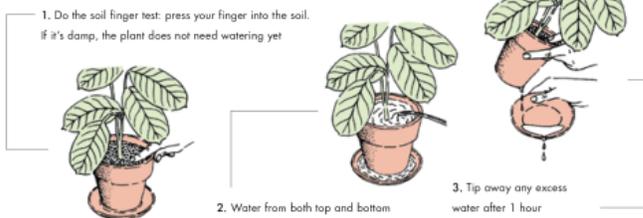
## Barriers to Plant Growing

Don't let common barriers such as access to plants or a lack of a green thumb keep you from benefitting from growing plants. If buying a plant is not an option, ask a

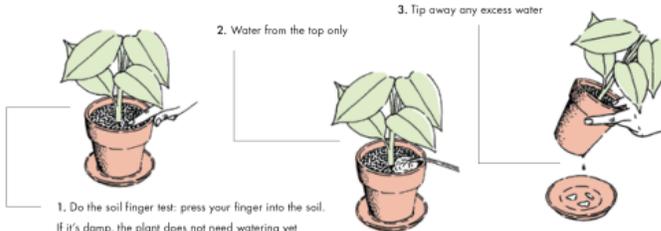
neighbor if they can give you a clipping or two. Some neighborhood groups have seedling swaps either online or in person. Also, neighbors who are moving may be willing to part with a plant they cannot take with them.

To reduce your green thumb's ability to turn plants brown, refrain from overwatering. To prevent such, GGF recommends using an atomizer to regularly mist the plant or a saucer to water plants in pots with draining holes from the bottom. Below, Hardie Grant Books has [an infographic](#) to aid with knowing how to hydrate your plant depending upon its needs. Pour excess water in a container and dispose of down the sink drain—not over the balcony.

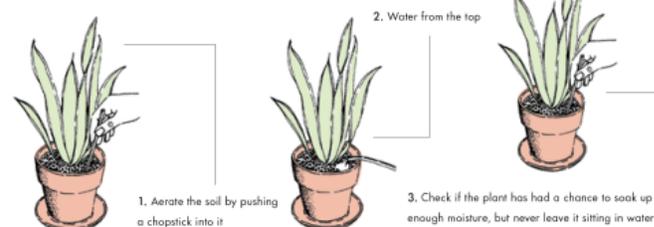
### HOW TO WATER PLENTIFULLY



### HOW TO WATER MODERATELY



### HOW TO WATER SPARINGLY



# IXTAPA, MEXICO: ENJOYING THE PLEASURES

By Karen Hamlin, Bldg. 2 Resident

One more week and it will be “in season” in Mexico. But for now, the beach is nearly empty as I lie mesmerized in a gently swaying hammock gazing at cloud puffs in an idyllic blue sky. The warmth from the sun is gradually becoming hot, but I’m so lazy and groggy that I can’t move. Yet.

Sizzling, five minutes later, the impetus to move rapidly descends over me as I hop over the hot sand to fall into the cool water with a splashy crescendo. It is delightful and I smile to myself as I sprawl out on the ocean’s surface, bobbing over the waves of the grand Pacific.

## The Dolfiniti: The Sweetest Kiss

At The Dolfiniti, the dolphin experience is by total immersion. Introduced to 12-year-old dolphin Lluvia, I fell in love. When we first met, it was small talk: a pet on the head, a pectoral fin shake. She was about eight feet long and 200 pounds—we had much in common. Petting swiftly progressed to caresses and hugs. She was such a character and loved to play “catch me” as she swam around me. Finally, she gave me a belly ride as I held onto her fin and she pulled me through the water. Before we parted, she had one last gift for me that I never experienced. Her sister and she pushed my feet and raised me up from the water pushing me across the pool at top speed. What a rush! I was delirious and without hesitation, we kissed goodbye.



Who wouldn't want to relax in such a beautiful place?  
Photo: Pixabay

## Bogart's for Dinner and Romance

For the most romantic restaurant that will sweep you into sultry Morocco, go to Bogart's in the Hotel Krystal Ixtapa (eeks-Tah-pa). Designed with the movie Casablanca in mind, Bogart's takes it one step further. Photos from the movie line the walls in the foyer and when you turn to enter this fantasy, ooh's and aah's are emitted from the guests. Lightly illuminated green plant designs peek behind the white latticework covering the walls and the ceiling is buffeted in ivory drapes. The cuisine is good, but the ambiance is outstanding. The highlight of the restaurant is the raised stage in the middle of the room featuring a white baby grand piano with a very talented pianist playing what else, “You must remember this...” Play it [again], Sam.

Ixtapa has much to offer on a quieter, smaller scale than her sister resorts, as it's not as flamboyant or busy. Visitors can escape to any of its exceptional beaches (e.g., La Ropa), bird watch for unusual species like the Frigate, zip-line across the Aztlán Ecological Park, drive an ATV through the mountains, fly fish or say hello to the crocodiles on the golf courses. Regardless of what you choose to do, a siesta in a hammock on the beach is required!

*Karen Hamlin is an award-winning journalist living at Watergate at Landmark. Now a veteran world traveler, she writes for national and regional magazines. Reach out to [travelingkh@gmail.com](mailto:travelingkh@gmail.com) for details!*

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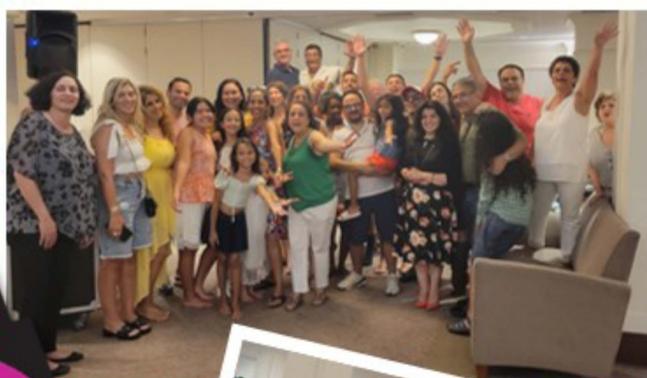
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# DANCE PARTY 2022



The Youth Committee hosted a Dance Party on Saturday, July 23. Originally planned for the Lower Terrace, the party was moved indoors because of the heat wave. But the heat didn't deter anyone as our neighbors danced non-stop from 7 until after 11 p.m.! It was a great get-together with great food with music from across the world showcasing the cultural richness of WAL's residents.

August 2022

Wheel



# HELLO, MR. PRESIDENT

By Genie B., WAL Resident

President Fluffy Pupcake Baskir is a man about town, making friends wherever he goes. His maternal grandmother named him Prince Fluffy, but she was reminded that our family members are not monarchists. So, she renamed him because she thought he would be the only President this family produced.

This President was born at Christmas time in 2013 in the rough and tumble oil fields of Abilene, TX. He was transported to the elegant and urbane downtown Fort Worth neighborhood where he readily adapted to the lifestyle of a pampered boy, enjoying custom beauty treatments from a personal stylist and eating finely prepared canine repasts. He favors a porterhouse steak cooked medium well from Del Frisco's when his father is treating.

President Fluffy is a Mi-ki which is a complicated engineered breed of dog. Mi-kis are normally lap dogs topping out at about six pounds, but Fluffs—being a native Texan—has grown to be 12 pounds! Translation: he cannot be concealed in a shopping bag like his cousin Bela Roux Baskir, a Mi-ki who weighs six pounds.

As a breed, Mi-kis prefer to be housebound. However, he adores the summertime Yappy Happy Hours and is very enthusiastic about going out for sevenses on Friday night at 7 p.m.

Mr. President loves going to his playtime once a week at A Dog's Day Out in Alexandria and meeting new doggies. Anticipating a good roughhousing with his friends makes him open his drawer and retrieve his harness and leash. He is very comfortable with larger dogs and is always ready to sniff some tushies.

If you do see President Fluffy Pupcake out and about, please come and say hello to him. He loves his friends and may even piddle for the excitement of meeting you!



## Share Your Pet's Story with Fellow Watergaters!

To have your story considered for publication, please email the story to [FeaturedPet@watergateatlandmark.com](mailto:FeaturedPet@watergateatlandmark.com) or drop by as a guest at the next Pet Committee meeting held on the first Thursday of the month at 7:30 p.m. via Zoom. It can be a dog, cat, lizard, bird, hamster or another critter! Ideas to include are the type, breed, how the pet came to live with you, unique characteristics, special purposes or a sentimental/funny story. Please submit stories written from your perspective and not your pet's.



This "presidential" pooch has so much personality!



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# TURN UP THE HEAT PICKLEBALL TOURNAMENT

By Terry Schlossberg, WAL Resident

WAL pickleballers filled the indoor courts recently in fierce competition. Teams of three competed on Saturday, June 26, in a summer “Turn Up the Heat” tournament and party. In-house tournaments are designed for all players and are one of the pickleball community’s favorite activities. Players of all levels vied for the gold, the silver, and the bronze. Two WAL board members came to cheer the players on: President Phil Schrock and Recreation Committee Liaison Greg Wade.



From left to right, the medal winners were as follows:

- JP Manley, Lynn Grey, Isamu Danura (second place team);
- Terry Schlossberg, Justin Mildestein, Dick Coleman (first place team) and
- Bob Baldassano, Mary Jane German, Kumi Breed (third place).

WAL’s summer pickleball tournament winners pose with medals. Photo: Mary Kruger

Photos: Jim and Eileen Mignerey    Design: Rashawnda Daniels-Atkinson

# ANIMAL WEEK 2022

Here's what happened...



Did you spot Pete the Cat casually sitting on the shelf? Were you able to check out any of the animal-themed books that our Community library offers? Whether you are young or young at heart, there was an animal-themed book for everyone!

Thank you to The Friends of the Watergate at Landmark Library for planning this event!



## WATERGATE AT LANDMARK COMMUNITY LIBRARY



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Bea is the first resident at  
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~Bea



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Page 18

*Life is Beautiful*

**Call Courtney at 703.940.3300 to schedule your visit!**

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Wheel

August 2022

*Our new Alexandria community is Brandywine Living's 29th luxury, active aging community with licensed Assisted Living and Memory-Care, visit us at [www.Brandycare.com](http://www.Brandycare.com)*

# AUGUST 2022 EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Pilates - 10:30 AM - TL	Tai Chi - 8 AM - TL Mahjong - 11 AM - CR Seniors - 2 PM - TL/VI A&E - 5 PM - CF2 National Night Out - 5 PM - LT Covenants - 7PM - VI	Tai Chi - 9 AM - TL Tone/Balance/Stretch 12:15 PM - TL Building Redecoration - 11 AM - CF1 Bridge - 2 PM - CR Recreation - 5 PM - VI/CF1 Youth - No Meeting Infrastructure - 7 PM - VI	Tai Chi - 8 AM - TL Mansion on O Street Shuttle Trip - 9:15 AM Pick Up Watergate Book Club - 1 PM - CF2/VI Pet - 7:30 PM - VI	Tai Chi - 9 AM - TL Knit and Stitch - 10 AM - CF2 Free Aqua Zumba Trial Class - 4 PM - IP	Tai Chi - 8 AM - TL Yoga - 9 AM - CR Scrapbook Club - 2 PM - VI Robotics Club - 3 PM - CF1
7	8	9	10	11	12	13
	Pilates - 10:30 AM - TL	Tai Chi - 8 AM - TL Mahjong - 11 AM - CR Social - 6 PM - CF2	Tai Chi - 9 AM - TL Landscape - 11 AM - CF2 Tone/Balance/Stretch - 12:15 PM - TL Bridge - 2 PM - CR PRC - 7 PM - VI	Tai Chi - 8 AM - TL Reasonable Accommodations - 4 PM - CF1 Communications - 7:30 PM - VI on Microsoft Teams	Tai Chi - 9 AM - TL Knit and Stitch - 10 AM - CF2 Aqua Zumba - 4 PM - IP Yappy Happy Hour - 7 PM - UT	Tai Chi - 8 AM - TL Yoga - 9 AM - CR Scrapbook Club - 2 PM - VI Robotics Club - 3 PM - CF1
14	15	16	17	18	19	20
	Pilates - 10:30 AM - TL	Tai Chi - 8 AM - TL Mahjong - 11 AM - CR	Tai Chi - 9 AM - TL Tone/Balance/Stretch - 12:15 PM - TL Bridge - 2 PM - CR	Tai Chi - 8 AM - TL Blenheim House Shuttle Trip - 9:15 AM Pick Up  FY 2023 Hybrid Budget Town Hall 7 PM - TL/VI	Tai Chi - 9 AM - TL Knit and Stitch - 10 AM - CF2 Aqua Zumba - 4 PM - IP	Tai Chi - 8 AM - TL Yoga - 9 AM - CR Scrapbook Club - 2 PM - VI Robotics Club - 3 PM - CF1
21	22	23	24	25	26	27
	Pilates - 10:30 AM - TL Budget - 7PM - VI	Tai Chi - 8 AM - TL Mahjong - 11 AM - CR	Tai Chi - 9 AM - TL Tone/Balance/Stretch - 12:15 PM - TL Bridge - 2 PM - CR	Tai Chi - 8 AM - TL	Tai Chi - 9 AM - TL Knit and Stitch - 10 AM - CF2 Aqua Zumba - 4 PM - IP	Tai Chi - 8 AM - TL Yoga - 9 AM - CR Scrapbook Club - 2 PM - VI Robotics Club - 3 PM - CF1
28	29	30	31			
	Pilates - 10:30 AM - TL	Tai Chi - 8 AM - TL Mahjong - 11 AM - CR Board of Directors Meeting - 7:30 PM - TL/VI	Tai Chi - 9 AM - TL Tone/Balance/Stretch - 12:15 PM - TL Bridge - 2 PM - CR			

## LOCATION KEY

BL=Building Lobby; BP=Billiard & Ping-Pong Rooms; BR=Blue Room; CF1=Conference Room 1; CF2=Conference Room 2; CR=Card Room; FC=WAL Fitness Center; GZ=Gazebos; IP=Indoor Pool; LB=Library; LD= Loading Dock; LT=Lower Terrace; M=Market; MA=Multi-purpose Area; ME=Meadow; OP=Outdoor Pool; OT=Outdoor Tennis Courts; P=Playground; PG=Putting Green; PR=Party Room; RC=Racquet Club; TL=Terrace Lounge; TS=Town Square; TV=TV Room; UT=Upper Terrace; VI=Virtual

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