

*** *For What It's Worth* ***



Janice Nelson, Editor

June 29th, 2018

EDITOR'S COMMENTS

A big shout out to the Marketing Committee, and especially Valerie Felton, for organizing a successful Music Festival this year. The weather couldn't have cooperated more, the food and drinks were flowing and the music was great! I hope everyone enjoyed it as much as I did. There are PLENTY more activities planned for this summer such as the 4th of July picnic at the Boathouse, the Cranberry Garden Club Bus Tour to Meadowcroft History Center, Golf and Pickle Ball Clinics and a Hawaiian Luau. And if that isn't enough, the Alpine Learning Committee has a list of programs and events slated throughout the summer. Information on all the above mentioned and much more can be found in this edition of FWIW. I also want to mention that Judy Engel graciously offered to be editor-in-chief of the next FWIW which comes out on Friday, July 13th! I want to thank her in advance for being so kind and giving me a little break. You may email Judy at jacey6@frontier.com with your articles. Have a wonderful 4th and hope to see you around the lake!

The next FWIW will be issued on *Friday, July 13th*. Please email all articles to, Judy Engel, at jacey6@frontier.com.

JULY CELEBRATIONS

Wishing Sue Aamodt, on the 5th, a very Happy Birthday! Birgit Stock and John Bowers celebrate their special day on the 7th. Happy Birthday to Pat Thompson on the 9th. Be sure to wish Sandra Conklin a Happy Birthday on the 13th. And don't forget Wilma Rumble on the 21st...have a Happy Birthday, Wilma! Jeff Daugherty celebrates his special day on the 23rd and Norma Eckerd's birthday is the 27th. And a very Happy Birthday to Helen Wylie on the 29th. Birgit and Bernie Stock celebrate their Anniversary on the 9th and Mike and Lee Maddox have a wedding anniversary on the 27th. Congratulations to all and enjoy your special day!

JULY 4th PICNIC *by Wilma Rumble and Barbara Conway*

The annual property owners' Independence Day picnic will be held on Wednesday, July 4th, at the Boathouse. We will gather between 12 and 1, with food served promptly at 1pm. Please bring a dish to share, and your drink of choice. Hot dogs, buns, and many fixings will be provided, along with paper/plastic products, and lemonade. The grill will **not** be fired for this picnic, so pre-cook any meat item that you plan to bring for your family. As is the custom at this picnic, a cash drawing will be held to reimburse the cost of expenses, with all additional monies distributed as cash prizes. Hope to see you there!

STANDING WATER CONCERNS *by John Laing*

I have had to empty my birdbaths and a tray under a plant because they had mosquito larvae in them. Check around your house for anything with standing water and empty it if things are moving in the water.

REMINDER by *Charlotte Wiles*

The Alpine Phone Books are in and the first one is free. Any additional are \$2 each. Also, on Saturday at the Annual Meeting, someone picked up one of the phone books that we were making corrections in. Whoever took it, please return it to the front desk.

REMINDER: EAST PRESTON LIONS CLUB by *Kathy Berry*

We are excited to announce our first annual Preston County Zone Six Lions Clubs Golf Tournament scheduled for August 25, 2018 at Alpine Lake Golf Course. Each club in Preston County's Zone Six has been working tirelessly to support many charities and projects in Preston County. We have been conducting vision screening and prescription eye wear for Preston County adult citizens as well as vision screening at the start of each school year for preschool and school-aged students, among many other community outreach projects. In order to continue to support the needs of the citizens of Preston County we need your help. Please consider sponsoring either an individual or company golf hole during the tournament. Sponsorship levels are Bronze for \$50 and an 18 x 24 sign at one hole; Silver for \$100 and an 18 x 24 sign at two holes or Gold for \$200 for an 18 x 24 sign at 4 holes. Contact Jerry Edens at (304) 789-2235 for a sponsorship form or more information.

BEARS AT ALPINE LAKE by *Maryann Krewson*

The ladies of ALLGO have started a campaign to put carved bears on our golf course. This idea came to mind when Mac Dobeck carved two little bears out of tree stumps on number 13 hole and then added a large mother bear last fall! Three bears have been donated to start our project. A bear is at the entrance of the pro shop, one is in the stone flower bed on number 10, our signature hole, and one is sitting on a tree stump on number 2 hole which can be seen from the road. If you would be interested in something other than a bear, the man also has great owls and eagles. If interested in donating a carving, please contact one of the ladies listed on the poster at the end of FWIW. Thanks in advance for your support of this project which we feel will make ALPINE LAKE and the GOLF COURSE one of a kind!!

RECREATIONAL ACTIVITIES TO GIVE A TRY AT ALPINE by *Denise Kerr*

1. Swing on the new swings
2. Play Bocce
3. Play Frisbee Golf
4. Play Tennis or Pickle ball
5. Try Mini Golf
6. Go on a hike
7. Drive a bucket of balls
8. Try Fling Golf
9. Kayak or canoe
10. Bicycle

Mark in your calendars: Aug. 25- Luau @ Boat House

CRANBERRY GARDEN CLUB BUS TRIP by *Joyce Wachter*

Mark your calendar for July 19th and get your reservation for the Cranberry Garden Club Annual Bus Trip.

The first stop will be at Avella, PA for a tour of the Meadowcroft History Center. This landmark is the oldest site in North America and provides visitors with a unique glimpse into the lives of prehistoric hunters and gatherers. At this site a 16,000- year-old-rock overhang was the dwelling place for early settlers.

Lunch will be served at the Century Inn located in Scenery Hill, PA. This restaurant and inn was originally built in 1794. Recently the structure was rebuilt after a fire which destroyed this historic landmark.

Before returning to West Virginia, travelers will tour Nemaquin Castle, Brownsville, PA. Within the spacious interior are 22 furnished rooms which reflect early life in America from Colonial times to the late Victorian era, and a hallway that stretches 70 feet.

Reservations may be made by contacting Karen Toothman, (304) 329-2173, P.O. Box 282, Kingwood, WV. The trip cost is \$85 which includes admissions, lunch and bus transportation. Checks should be made payable to the Cranberry Garden Club. When making a reservation please include your name, address and the names and the emergency phone numbers for two contacts. The bus will stop in Morgantown, Kingwood and at Alpine Lake, Terra Alta. No refunds will be made after July 10.

Plan to join Cranberry Garden Club members for a historic and fun-filled day.

ROCK & ROLL FUNDRAISER by *Tom Kinsey*

A Rock and Roll fundraiser will be held at the Boathouse on August 24th (please note this is a revised date). This fundraiser will benefit the Alpine Lake Foundation Scholarship fund. This past school year, four \$1000 Scholarships were awarded to Preston County students! Over the past 17 years, 41 graduating seniors have been awarded scholarships from our Foundation. The video concert will begin at 6pm, please plan to gather beginning at 5:30pm. Admission donation will be accepted (suggested donation, \$10± per person). Bring your own munchies. Wine, beer, soft drinks and bottled water will be available (honor system donations). Be prepared to vote for your favorite performance; \$1 per vote. Headliners for this concert: Jerry Lee Lewis; Crosby, Stills & Nash; Stevie Wonder; Paul Simon; Simon & Garfunkel and Aretha Franklin. Joining those headliners (partial list): Bonnie Raitt, James Taylor, B.B King, Smokey Robinson and Dion DiMucci.

REMINDER: TERRA ALTA FOOD BANK

There is an ongoing need to replenish supplies at our local food bank so please add your donations to help this worthy cause. There is a box inside the front foyer of the Lodge for your convenience.

OPEN MIC by *Tom Kinsey*

Open Mic (OM) meets every first Friday of the month through September from 6pm-9pm. **Performers must sign-up by 5:45.** This acoustic event will be staged in the Mountain Laurel Room of the Lodge. Please come and stage a set or at least come and enjoy the music.

BARBECUE PICNIC by *Nina Sheets*

Council of churches is sponsoring a barbecue picnic on July 13th at First United Methodist Church 5pm. to 7pm. There will be pork barbecue sandwiches, potato salad, baked beans, and coleslaw. You can eat-in or you can have carry-outs. This is a free-will offering and the proceeds will be used to purchase school supplies for backpacks at East Preston School

REMINDER: ALPOC ANNUAL YARD SALE *by Jay Beigel*

The Alpine Lake annual yard sale is scheduled for Friday, August 3rd and Saturday, August 4th. Drop off of donated items for the yard sale is Wednesday and Thursday, August 1st and August 2nd from 9am until 5pm both days. We will need help with pricing of the donated items starting at 9am both days. Friday, the sale will start at 8am and end at 5pm. Saturday the sale continues at 8am and ends at noon. There will also be a bake sale Friday and Saturday, with proceeds going to the Terra Alta Food Pantry. Refreshments will be available both days. As always, we will need a lot of help all four days to make this another successful Alpine Lake event! For those new to Alpine Lake, this is a great opportunity to meet your neighbors and experience the comradery within our community. Pickup of items can be arranged for Wednesday or Thursday by calling Jay Beigel at (443) 562-6570 to schedule a time. Please NO box-style TV's.

As outlined above, the yard sale committee needs help, STORAGE SPACE is another way you could help. This is the time of year when lots of folks start doing their spring house/yard cleaning and cannot hold onto items until the August yard sale. We have been looking for alternative storage space to store yard sale items until our set-up dates in August. If anyone has room in a garage, shed, basement or any type of storage facility, please let one of the yard sale committee members know as soon as possible.

EAST PRESTON LIONS CLUB *by Kathy Berry*

The East Preston Lions Club was chartered in 2013 with 21 members of which many are in good standing to this day. We currently have 20 active members.

What is the Lions Club? Lions Club is an international organization best known for its efforts to eradicate preventable blindness, but also participates in many other kinds of projects, including those in need, sponsoring international exchanges for young people, providing supplies to victims of natural disasters and bringing clean water to remote villages.

The principle focus for East Preston Lions Club is local Terra Alta community service efforts. We have participated in numerous vision screening sessions at East Preston Terra Alta School as well as at other Preston County schools and day care centers. These screenings have resulted in referring several students for further follow-up which they may not have known they needed without the screenings. We have assisted several needy Terra Alta residents with vision exams and eyeglasses through cooperation with Walmart Optical in Oakland. We instituted an Adopted Family program where we have adopted some Terra Alta families and assisted with Christmas, birthdays, and other needs. For the past few years, we have prepared Christmas food baskets to distribute to elderly Terra Alta shut-ins. We also started a Leo Club at East Preston Terra Alta School. For the two years the club existed, these students were very enthusiastic in coming up with and carrying out community projects benefitting the school and surrounding areas. We are hopeful to be able to create a new Leo Club at the school this year. Finally, we are working to support efforts towards prevention and cure for juvenile diabetes.

We meet the first and third Tuesday of each month at 7pm. The first Tuesday meeting is at Shorthorns and members who want to have dinner at Shorthorns arrive at 5:30pm. The second Tuesday meeting is in the Rhododendron Room at the Lodge with members wishing to have dinner at the Lodge coming at 5:30pm. Meetings usually last for an hour or less and are always fun!

In the few years we have been in existence, our small club has accomplished much for the community. We have a great group who works well together for fundraising and community activities. With more members, we could do so much more. Please consider joining the East Preston Lions Club. For more information, contact our President, Fred Isenock (304) 698-3470 or our Vice President, Jerry Edens (304) 789-2235.

PROPERTY OWNERS COMMITTEE *by Bernie & Birgit Stock*

We have been away since 6/13. Seems like all is going well at A.L. Life here has been easy since we have no responsibilities. Cadaqués, Spain is off the beaten track hosting vacationers from all over the globe. Very nice!

Please keep in mind all the upcoming events such as, 4th celebration, carry-in picnics, Yard Sale, Labor Day Picnic and Oktoberfest (9/22). We'll be back on 7/24. Hope all goes well until then. God bless...

GOLF COURSE NEWS *by CJ Foy*

Sign-Up NOW!!!

Upcoming member events include:

Member Guest

July 6, 7, 8

Presidents Cup

July 21, 22

Match Play begins July 1st. Play matches at your convenience. Championship is the first weekend in August.

Don't forget the **Firecracker Scramble** on July 4th. All are welcome to join in.

Thursday July 12th, **ALLGO Margarita Scramble**. Come join the ladies for 9 holes and lunch at the boathouse afterward

Golf Results:

Tuesday Scramble - Starts at 9am weekly, be here at 8:30 to sign up

June 19th:

1st Ken Reel, Keith DeWitt, Dave Gilpin, Sandi Kelly (-5)

2nd Skip Creamer, Ann Dunson, Howard Witte, Larry Layman (-4)

June 26th:

Keith DeWitt, Dave Gilpin, Howard Witte, Dottie Schwer (-1)

Dave Gallagher, Larry Layman, Gene Besel, Gary Cox (0)

Wednesday Men's Race to the Lake: Starts at 9am weekly, be here at 8:30 to sign up. This is a season-long points race, so join in anytime this summer. Not required to attend every week.

Week 5 - June 13

After week five a new leader emerged with Keith DeWitt knocking Barry Krewson out of the top spot.

Skip Creamer was the biggest mover jumping from eight to forth. The early going this season has been the weather and course conditions. Wet conditions and cart path only with colder than usual weather has produced some higher scores than normal.

1.	Barry Krewson	33
1.	Jim Cox	33
3.	Doug Smith	30
4.	Keith DeWitt	27
5.	Larry Lakomy	24
5.	Chas Minor	24
7.	Clark Sharpless	21
8.	Gary Horsey	12

*Full Standings Available in Pro Shop

Week 6 - June 20

The top five separated by fourteen points with Keith DeWitt on top for the second week in a row. Jim Cox only two points back and closing quickly. Barry Krewson in two weeks has slipped from the top spot to fifth. The defending champion Ken Reel made his 2018 debut and earned twelve points.

1.	Keith DeWitt	56
2.	Jim Cox	54
3.	Doug Smith	48
4.	Skip Creamer	45
5.	Barry Krewson	42
6.	Larry Lakomy	24
6.	Chas Minor	24
8.	Steve Steffan	23

*Full Standings Available in Pro Shop

Stokers - June 18, 2018

The largest group of the year turned out enjoying the warmest temps of the season. As the temps rose, the scoring went down. Five teams with scores ranging from -2 to +4 had an enjoyable after-playing meal in the Evergreene Room.

Results:

1st Chip & Cindy Strum, Les Gunderson

2nd Dan & Julia August, Bill Felix

3rd John & Mark Bowers, Lough Cosner, Trish Birch

The Question tonight for a free meal was: Name the largest active volcano in the United States. Answer: Mauna Loa in Hawaii - There was no winner.

Stokers meet every Monday at 4pm outside the Pro Shop. Please join us for a good time or consider dining after play at approx. 6:30pm. Call ahead for dinner.

BOARD NEWS by *Barbara Conway, President*

Welcome to Jay Beigel & Angie Huffman, the newly elected members! Officers for the coming year are: President-Barbara Conway, Vice-President-Pat Arnone, Secretary-Ginger Tucker, and Treasurer-Rick Mancini.

The vote to approve the Restated and Amended Articles of Incorporation:

Yes – 299, No - 258. As stated in our current Articles of Incorporation, the Articles may be amended by a majority vote of property owners present, or represented by absentee ballot, at the annual meeting of the Association. The approved Articles must now be sent to the State for their approval, before they can be implemented.

While we await word from the State, the Board will concentrate on revisions to the Bylaws. Members of the Board will meet on Saturday, July 14th, at 9am to edit the draft document containing changes proposed to the Bylaws. The 14th will be a work session for Board members, therefore no time will be allotted for property owner questions and comments during this discussion. The edited draft document will be available for property owner comment as soon as possible.

The next Board Open Meeting will be on Saturday, July 21st, at 10am.

THANK YOU! *by Angie Huffman*

I want to offer a very heartfelt thank you to everyone who voted for me! On Community Chat and "Meet the Candidates Night" I presented my six point plan for running Alpine as a business. I will present this six point plan to the rest of the Board during the July 21st open board meeting. I'm sure there will be much discussion among the Board and modifications to my plan resulting in an even better plan--seven heads are better than one. As a reminder, here are my six points:

1. Establish the Capital Fund—DONE!!!!
2. Create a 5-year Capital Fund plan to ensure the best use of the fund
3. Create a 5-year marketing plan that includes an expected rate of return on investment
4. Explore the financial feasibility of income generating ideas by writing a well thought out and researched business plan to ensure they will add profit to the bottom-line
5. Minimize the restaurant's negative financial impact
6. Provide property owners periodic published reports as to Alpine's financial status

The amended and restated Article of Incorporation passed! Thank you, again, for your votes to complete point #1: Establish the Capital Fund!!! We still have work to do for updating the bylaws to ensure the capital fund is well managed and I'm counting on all of you to provide feedback on the draft bylaws. (More info will be forthcoming.)

Feel free to contact me at angiehuffman@alpinelake.com and/or Friend me on Facebook if you have any questions. Once again, thank you. We are on our way to continue moving Alpine forward together!

ALPUC NEWS *by Kim Mayne, General Manager*

We would like to extend a "Thank You" to all who attended the ALPUC Annual Meeting. We were excited to share some accomplishments from the last year and to discuss our future projects. We continue to encourage each of you to visit our website at www.alpuc.com and explore all the information that is there at your fingertips!

The result of the ALPUC Board of Directors election is Dave Tucker and Mike Kubina will retain their seats on the Board. Congratulations to both of them! Below is the complete list of the ALPUC Board of Directors:

Jim Wachter—Board President

Dave Tucker—Board Secretary

Mike Kubina—Board Member

Boris Nazaroff—Board Member

Kay Bayer—Board Member

We appreciate each board members continued support and commitment to the Alpine Lake Community as well as the Alpine Lake Public Utilities Company (ALPUC).

ALPOA BOARD OPEN MEETING – JULY 21st– 10am

ALPINE LAKE LODGE HOURS

FRONT DESK

Monday - Thursday: 7am–7pm
Friday & Saturday: 7am–9pm
Sunday: 7am–5pm

FITNESS CENTER

OPEN DAILY from 5am – 11pm

POOL

OPEN DAILY from 5am – 11pm

EVERGREENE ROOM

Monday – Saturday: 9am – 9pm
Sunday: 9am – 7:30pm

LAKERS LOUNGE

Monday – Saturday: 4pm–9pm
Sunday: Closed

PRO SHOP

OPEN DAILY 7am – 7pm



FREE CLASSIFIED ADS – “A Service for our Community”

FOR SALE: *Alpine Lake Resort 2 adjoining lots Bavarian 122-123, located on Redwood Drive- Utilities available-Level building site- Low traffic area- Both lots must be purchased together- Motivated sellers' asking price, \$500 for both lots, or best offer Call (724) 583-2829 or Text (724) 208-1395 (6-29)*

PORCH SALE: *July 1st and JULY 2nd - 540 Hemlock Circle - 8 ft. wooden step ladder, 20 ft. extension metal ladder, humidifiers, lawn chairs, misc. chairs, wheelbarrow, leaf blower, shop vac., Card table and 2 chairs. Antique beds and dressers, turkey smoker, 4th of July decorations, Singer sewing machine with cabinet, umbrella stroller, foldable crib, toys, books and misc. items. Wanda-717-658-4487*

MIND, BODY, & SOUL HOLISITIC THERAPIES: *Counseling, Mindfulness Practices, Hypnosis, Past Life Regression, Dream Work, EMDR, Reiki, Tapping (EFT), and Chair Yoga. Offered by: Nasrin Falsafi, PhD, RN, E-mail: Nfalsafi@aol.com Cell: (301) 980-2871, Available during July in Alpine Lake. (6-29)*

SEARCHING: *I am looking to purchase a self-propelled lawn mower. Please call Bob Talley at 610-636-2160 (6-15)*

FOR SALE: *Five piece sturdy card table with four chairs like new \$45.00 Extra full set of golf clubs with bag used one season \$75.00 Call (304) 789 6520 (6-15)*

FOR SALE: Street legal golf cart owned by the Meachams. Asking \$6000. Call Kay at 304-789-2111. (5-31)

FREE MULCH: Wood chips from the Asplundh tree trimming project are being piled at the airport (off Grosbeak Drive, north of the lake). Help yourself.

TAX SERVICES: Dorinda Kisner, CPA, and staff providing professional services for individuals, businesses, estates and trusts. Tax planning, compliance, estimated payments, consulting and accounting services locally in Terra Alta. Contact us at (304) 789-6082 or email at questions@kisnercpa.com.

INSURANCE: Carrie See Insurance is located on Alpine Lake Road. We love working with Alpine residents, the homes are so beautiful and well maintained! We offer great rates on homeowners and automobile insurance, annuities and investments, life insurance, and business operations coverage. Give us a call for a free quote! (304) 789-5585 or email us at carrieseeinurance@gmail.com.

WATCH BATTERIES: Batteries available for most watches – \$1 installed for most or under \$1 if you install it yourself. Contact John Laing (304) 789-6120.

PET SITTING & HOUSE CHECKS: Call Kay Bayer (304) 789-2111.

DATES TO REMEMBER (A handy summary of dates to put on your calendar now)

Please note that the following events occur **weekly** on the day and time noted:

- Mondays** 10am - 3pm – **Sew Together** – Rhododendron Room
 4pm - **Strokers**
- Tuesdays** 9am – **Scramble**
 7pm – **Bocce Ball** – Bocce Ball Court next to Miniature Golf
- Mon., Wed., Fri** 8:30am-9:30am – **Power Aerobics** – Lodge
- Tues. & Thurs.** 8am-9am **Water Aerobics** – Pool
- Wed.** 9am – **Men’s League**
 10am – **Needlework Club** - Rhododendron Room
 6 -7pm - **Jammers** – Rhododendron Room (except the first Wed. of each month)
 7pm – **Property Owners Game Night** – Boathouse
- Thursdays** 9am - **ALLGO**
 10am – 11am – **OPEN FORUM w/GM** – LODGE – (3rd Thurs. of each month)
 10am – 12pm – **BRILLE WORKSHOP** – Rhododendron Room
- Fridays (1st Fri. of mo.)** 6 --9pm - **OPEN MIC** – Mt. Laurel Room
- Note: Dump Open:** Tues/Thurs 7am – 4pm & Saturdays 7am-4pm
- T.A. Recycling Plant Open:** Tues/Thurs 8am–4pm, and Saturdays 8am ‘til Noon
- 2nd Monday of each month – 7pm – **Terra Alta Civic Club** – TA Ambulance Hall
- 2nd Sunday of each month – 7am – 1pm – **Kingwood VFD Breakfast**
- 3rd Saturday of each month – 9am – **ALPUC Board Meeting** (June’s annual mtg., Sept., Nov.)
- 1st and 3rd Tuesday of each month: 7pm- **East Preston Lions Club Meeting**
 First Tuesday – Shorthorns; Third Tuesday -- Rhododendron Room

COMING EVENTS (Please put on your calendar now – don’t miss a thing – watch for more details):

Date	Location	Time	Event
Sa., June 30th	Golf Range	3pm	Fling Golf Clinic
Wd., July 4th	Boathouse	12pm	4th of July Picnic
Wd. July 4th	Alpine Lake Golf Course		Scramble
Fri., July 6th	Mountain Laurel Room	6pm – 9pm	Open Mic Night
Fri., July 6th	Alpine Lake Golf Course		Member Guest
Sat., July 7th	Alpine Lake Golf Course		Member Guest
Sun., July 8th	Alpine Lake Golf Course		Member Guest
Wd., July 11th	Green Hills Country Club		Women’s Mountaineer League
Th., July 12th	Alpine Lake Gold Course		ALLGO Margarita Scramble
Fri., July 13th	1st United Methodist Church		Barbeque
Sat., July 14th	Tennis Courts	10am	Pickle Ball Clinic
Th., July 19th	Lodge	10am – 11am	Open Forum with GM
Th., July 19th	Boathouse	5pm	PO Picnic
Th., July 19th			Cranberry Garden Club Annual Bus Tour
Mon., June 25th	Alpine Lake Golf Course		Women’s Mountaineer League
Sat., July 21st	Alpine Lake Golf Course		Presidents’ Cup
Sun., July 22nd	Alpine Lake Golf Course		Presidents’ Cup
Tu., July 24th	TA City Hall	12pm – 4pm	Blood Drive
Wd., August 1st	Boathouse	9am - 5pm	Yard Sale Setup
Th., August 2nd	Boathouse Bridgeport Country Club	9am – 5pm	Yard Sale Setup Women’s Mountaineer League
Fr., August 3rd	Boathouse Mountain Laurel Room	8am – 5pm 6pm – 9pm	Yard Sale Open Mic Night
Sa., August 4th	Boathouse	8am – 12pm	Yard Sale
Wd., August 15th	Sunny Croft Country Club		Women’s Mountaineer League
Th., August 16th	Lodge	10am – 11am	Open Forum with GM
Th., August 16th	Boathouse	5pm	PO Picnic
Fri., August 24th	Boathouse	5:30pm	Rock & Roll Fundraiser
Sa., August 25th	Alpine Lake Golf Course		1st Preston County Zone 6 Lions Club - Golf Tournament
Sa. August 25th	Boathouse	6pm	Luau
Su., September 2nd	Boathouse	1pm	PO Labor Day Picnic
Fr., September 7th	Mountain Laurel Room	6pm – 9pm	Open Mic Night
Th., September 20th	Lodge	10am – 11am	Open Forum with GM
Sa., September 22nd	Boathouse	12pm	Oktoberfest
Su., September 23rd	Boathouse	8am – 11am	Oktoberfest Breakfast
Th., October 18th	Lodge	10am – 11am	Open Forum with GM
Th., October 18th	Boathouse	5pm	PO Picnic

2018 ALPINE LEARNING PROGRAM

www.alpinelake.com REGISTER NOW!!!!

The Alpine Lake Learning Program (ALP) is offering a total of six programs this year which includes two guest speakers, two workshops, and two field trips.

*We suggest that you register for programs in advance, as some programs have limited enrollment. The Registration Notebook is located at the end of the Front Desk for sign-up. The cost for each program is listed in this brochure and on the sign-up sheet for each program. The fee will be collected "at the door" for all events. **Make sure you check FWIW, the Alpine Facebook page, and the mailbox boxes for updates and reminders.***

Our ALP Committee aims to provide opportunities for personal enrichment, intellectual stimulation, and social interaction for Alpine Lake property owners and the larger community. Our classes are developed and offered through the generosity of volunteers who share their time and knowledge. If you'd like to join our committee, or have suggestions for future presentations, we'd love to hear from you! We are always looking for more input from our friends and neighbors! For more information, or to offer your suggestions, please see any member of the committee, or call Kathy Andes (304.698.5894) or Michele Hall (304.789.5485).

Program Listings for June - September

Workshop: Fling Golf by Denise Kerr

Saturday, June 30, 3pm at THE DRIVING RANGE LIMITED TO 12 PARTICIPANTS

Check out this exciting new sport to play on the golf course! Participants will meet at Alpine's driving range and will be shown 3 different styles of use of the Fling club. Participants will have the opportunity to practice at the driving range along with the chance to try your skills on two holes. All equipment is supplied.

Denise Kerr is a retired P. E. Teacher who has taught and coached at every level from Pre-school through College level. Some young lacrosse players will be assisting her as instructors.

Fee: \$5.00 per person at THE DRIVING RANGE LIMITED TO 12 PARTICIPANTS

Speaker Presentation: Our Family's "Gap Year" - The Peruvian Jungle & more by Amy Harbaugh & David Norris

Tuesday, July 10, 7:30pm at THE BOATHOUSE

Amy and David are international school teachers currently living in Madagascar with their teenage sons. Prior to moving to Madagascar last year, they taught in Poland, Switzerland, Kenya, and Japan. Upon leaving Japan in June of 2016 the family took a year off and spent 6 months in Peru and Ecuador and 2 months in Washington State, working in exchange for room and board. They will be speaking about what they learned during their year off, focusing on their experience learning about food forests in a resource-based community in the Peruvian jungle. They will discuss how people of all ages can experience meaningful and educational travel at relatively little expense.

Fee: \$5.00 per person at the door of THE BOATHOUSE

Workshop: Emotional Freedom Technique (EFT) or Tapping by Nasrin Falsafi, PhD, RN

Tuesday, July 17th, 10am at THE BOATHOUSE

This presentation discusses tapping, what it is, and how it works. This technique combines tapping various meridian points on the body with repeating positive statements. It helps with releasing various types of negative emotions such as stress, guilt, not being good-enough, negative energy, etc. This is an interactive presentation, and participants will have an opportunity to practice tapping.

Nasrin Falsafi is a psychiatric clinical nurse specialist, and an advanced certified holistic nurse. She worked in major medical and educational institutions including the Johns Hopkins Hospital, Washington Hospital Center, Children's National Medical Center, Maryland University, and the University of NC Wilmington. She has a psychotherapy private practice in Southport, NC. She also offers holistic modalities including mindfulness practices, Reiki, hypnotherapy, EMDR, restorative yoga, past-life regression, and emotional freedom technique (tapping). She has spoken at national and international conferences and has published articles on the use of holistic modalities in professional journals.

Fee: \$5.00 to be collected at the door of **THE BOATHOUSE**

Field Trip: Old Hemlock Foundation/Screech Owl Brewery and Cafe

Thursday, August 9, 9am meet at THE LODGE to carpool

This Field Trip focuses on two sites in Bruceton Mills. The Old Hemlock tour includes the home of George Bird Evans and Kay Evans. The Old Hemlock Foundation is dedicated to preserving the natural environment, historical preservation, and fostering education. The Screech Owl Brewery is Preston County's oldest craft beer brewery and has recently opened a café where we can purchase lunch. (Join us! It will be ...a hoot!)

Fee: \$5.00 collected at **THE LODGE** parking lot, includes a donation to Old Hemlock and car pool driver

Field Trip: Mount Storm Power Station Tour

Monday, August 27, 11:30am, meet at THE LODGE to carpool

The Mt. Storm Generating Station is located on the west side of Mt. Storm Lake and is Dominion Resources' largest power plant. It generates enough power to supply electricity to about 2 million customers. It is cooled by the 1200 acre Mt. Storm Reservoir. The tour will include a Power Point presentation and a physical tour of the facility. Note: The Power Station does not allow cameras or open toed shoes.

Fee: \$5.00 collected at **THE LODGE** parking lot, which includes a donation for the car pool driver

Speaker Presentation: New Nutrition Facts on Food Labels by Jim Hoadley, PhD

Tuesday, September 11, 7:30pm, at the BOATHOUSE

The FDA has updated the rules for the nutrition information that appears on labels of all food packages. The deadline for food manufacturers to make the change is January 2020. The new NUTRITION FACTS will have a different appearance, different mix of nutrients declared, and “behind the scenes” changes in the Daily Values and how some nutrients are measured.

Jim Hoadley is a retired U.S. Public Health Service officer and Food and Drug Administration Regulatory Scientist. Education in toxicology and nutrition. Dr. Hoadley was part of the FDA Center for Food Safety and Nutrition team that drafted the initial Nutrition Facts and food label claim regulations in the early 1990s.

Fee: \$5.00 collected at the door of **THE BOATHOUSE**

Check “For What It’s Worth” (FWIW), Facebook, and the bulletin boards at the mailboxes for any additions, changes, or updates to the programs.

WE HOPE YOU CAN JOIN US FOR OUR PRESENTATIONS THIS SEASON!!!

Fast & Furryest
5K Run & Walk
2018



5K/1M
Bring Your Pet!
Support
HART for Animals!

SAT JUNE 30

7:30 AM REGISTRATION

8:30 AM RUN/WALK

HART for Animals

1265 Bumble Bee Road • Accident, MD

Pre-Registration Discounts!

5K Run \$30 • 1M Walk \$20 when you sign up by 6/25!

Includes an event T-Shirt!

Register at www.hartforanimals.org/fast-furryest

Sponsored by



WWW.HARTFORANIMALS.ORG

BEARS HAVE ARRIVED AT ALPINE LAKE!!



**WE HAVE STARTED
AN "ADOPT-A-BEAR"
PROGRAM FOR OUR
GOLF COURSE. WE
HAVE 3 BEARS OUT
THERE NOW AND ARE
LOOKING FOR MORE
TO PUT ON THE GOLF
COURSE! ANYONE
INTERESTED PLEASE
CONTACT: ALLGO**

VICKIE MASTALERZ

vmastalerz@frontier.com

MARYANN KREWSON

maryannkrewson@aol.com

BEVERLY SERPONE

bserpone@aol.com