

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



Judy Engel, Acting Editor

July 13th, 2018

EDITOR'S COMMENTS

Summertime activities are in full swing now with plenty for everyone to do. There are more musical events, learning program classes, field trips, and, of course, many opportunities for socializing and enjoying Alpine's wonderful food. The weather is beautiful, and the lake and golf course are active. I want to thank Janice and Rich Nelson taking their time to show me the ropes for doing FWIW. Janice will return to being editor of the next FWIW which comes out on Friday, July 27th.

The next FWIW will be issued on *Friday, July 27th*. Please email all articles to, Janice Nelson, at mamaj1213@gmail.com.

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.

BEAUTIFICATION COMMITTEE by *Sally Rocchi*

We'd like to take this time to thank Craig and Suzie Stevens for all their hard work they put into the Service Directory this year. Good Job! We still have a few more projects to complete this season, we will notify everyone when help is needed. Enjoy the summer.

CLOTHING SALE (BEAUTIFICATION COMMITTEE) by *Dottie Creamer*

Once again it is time for our annual clothing sale. Please drop off your slightly used, clean clothing on the lower level Allegheny room at the lodge on Wednesday August 1st from 2 pm to 5 pm and all-day Thursday August 2nd starting at 10 am. August 2nd is set up and swap day.

The clothing sale opens to the public on August 3rd at 9 am and on August 4th from 9 am to 12 noon. Proceeds benefit our beautification project here at Alpine. Any clothing not purchased is taken to the Unitarian Church in Terra Alta, who give clothing to benefit those in need in our local community.

We will need volunteers for set up, selling, packing, hauling and donating. Thank you.

Please call Dottie Creamer at 304-789-2766.

LAKE SAFETY by *John Laing*

We recently saw boats on the lake and heard thunder. They did not head for shore until a lightning strike was visible north of the lake. "Watch for distant lighting. Listen for distant thunder." You may hear the thunder before you can see the lightning on a bright day. Seldom will you hear thunder more than five miles from its source. That thunder was caused by lightning 25 seconds earlier. "The general rule that we use is that if you can hear thunder, you're within striking distance of the storm." According to the [New York State Department of Health](#), "If you are swimming, fishing or boating and there are clouds, dark skies and distant rumbles of thunder or flashes of lightning, get to land immediately and seek shelter".

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!!

THE CIVIC CLUB by *Charlotte Wiles*

The Civic Club of Terra Alta sponsors an Elder Luncheon every year. This year will be held on Saturday, July 28th., at the Alpine Lake Lodge. This is a free annual event honoring those in our community who celebrate their 80th birthday any time during this year. The charge for a guest is \$15.00 if they will not be eighty this year. Please contact Norma Eckard at 304-789-5478 or Pat Greaser at 304-789-5126 if you would like to attend. Reservations must be in by July 23rd. Guests are asked to arrive at 11:30 am.

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 Nemaocolin 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.

PROPERTY OWNERS COMMITTEE *by Bernie & Birgit Stock*

Please keep in mind all the upcoming events such as, 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...

BOARD NEWS *by Barbara Conway, President*

Members of the Board will meet on Saturday, July 14, at 9AM to edit the draft document containing proposed changes to the Bylaws. The 14th will be a work session for board members, therefore no time will be allotted for reports or property owner questions and comments during this discussion. The edited draft document will be available for property owner comment as soon as possible. Discussion of the bylaws will include preparation for the Capital Preservation Fund.

The next Board Open Meeting will be on Saturday, July 21, at 10 AM, which will include reports from the GM, Treasurer, and committees, including information on the Music Festival, which was held in June.

ALPOA BOARD OPEN MEETING – JULY 21st– 10am

GOLF COURSE NEWS by CJ Foy

Sign-Up NOW!!!

Upcoming member events include:

Match Play has begun. Play matches at your convenience. Championship is the first weekend in August. (4th & 5th)

July 29 - Pro's Par 3 Event

Golf Results:

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

July 3rd

1st Carl Donald, Boyd Weese II, Boyd Weese III, Keith DeWitt (-1) card off

2nd Skip Creamer, Dottie Creamer, Lough Cosner (-1)

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 9th - July 11th

The Cream is starting to rise to the top. Doug Smith takes over the top spot with his second win and three birdies this week. Keith Deitt falls to second while Skip Creamer rises to the third position. Jim Cox was idle this week and Barry Krewson plummets to fifth position after setting the pace in the early going. Entering the coveted top positions is Chas Minor. Ken Reel last year's champion is eleventh after a slow start.

This week's results:

Gross	Net	
1. Doug Smith	1. Gary Horsey	
2. Skip Creamer	2. Bill Felix	
3. Chas Minor	3. Steve Steffan	
1.	Doug Smith	69
2.	Keith DeWitt	64
3.	Skip Creamer	62
4.	Jim Cox	54
5.	Barry Krewson	44
6.	Chas Minor	31
7.	Steve Steffan	30

*Full Standings Available in Pro Shop

Member / Guest Results

Division Winners

Skip Creamer & Donnie Barrett

Barry Krewson & Joey Thomas

Ken Reel & Nick Barrett

Overall Champions

Ken Reel & Nick Barrett

Strokers – June 26th, 2018 *by Skip Creamer*

This week the group played the odd numbered holes. The lowest score of the season was accomplished by Doug Smith, who scored an eagle on the 15th hole, with Boyd Weiss, Clark and Bev. Incidentally the lowest Stroker score has been eight under, which happened twice.

Second place went to Barry and Mary Ann Krewson, teaming with Chip Sturm and Denise Kerr.

The question for a free dinner was “Who was the jockey when Secretariat won the Triple Crown?” Answer-Ron Turcotte. No one answered correctly.

July 2, 2018 *by CJ Foy*

Tonight was not unlike many others until mother nature played through. Everyone was playing their eighth hole when the lighting, thunder and then the monsoon came.

Quite a show in the southern sky sent everyone to the clubhouse. All four teams were tied at one under. Anyway, good fellowship was enjoyed at dinner.

The question this week for a free dinner was “There were 56 signers of The Declaration of Independence, how many were born in a foreign country?”

Answer: Nine were born in England, no one guessed correctly.

July 9, 2018

The Stroker nation flexed their muscles tonight with four of the six teams at level par or below, with four new players joining this evening.

The lowest score of the season was achieved by Carl Donald, Dick McCurdy, Dan Garrett and Denise Kerr at -6. Second and third were determined with a card off at -3.

Second place went to Barry and Mary Ann Krewson, Dan and Julia August.

Third was Doug Smith, Patricia McKenzie, John Bowers and Lough Cosner.

Twenty-two played and twenty-five dined in the Evergreen room later.

The question tonight for a free dinner was “In the old Charlie Chan movies, two actors played the part, who were they?”

Answer: Warner Oland and Sidney Toler, no one guessed correctly.

Strokers meet every Monday at 4:00 outside the Pro shop. Please join us for a good time or consider dining after play at appx. 6:30 Call ahead for dinner.

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: AEROBED, queen size, electric pump, elevated 15” high, new still in the box has never been opened, \$75.00. Also kayak, canoe or small boat trailer, 4’ x 8’, homemade open trailer, great for hauling your rig down to the boat yard, \$100.00. Call 443-562-6570. (7-13)

FOR SALE: Power washer, like new, \$150, Shop Vac \$25, Meecham “Street legal” golf cart \$6,000. Call 304-789-2111 (7-13)

FOR SALE: Storey and Clark piano, \$150. Call 304-789-6760 (7-13)

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)

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)

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 carrieseinsurance@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 - **Stokers**
- Tuesdays** 9am – **Scramble**
7pm – **Bocce Ball** – Bocce Ball Court next to Miniature Golf
- Mon., Wed., Fri.** 8:30am-9:30am – **Power Aerobics** – Lodge
- Mon., Wed., Fri.** 1:30 pm --**Group Swim--Informal--Pool**
- 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
Fri., July 13th	1st United Methodist Church	5-7 pm	Barbeque
Sat., July 14th	Tennis Courts	10am	Pickle Ball Clinic
Sat., July 14 th	Lodge	9 am	ALPOA Work Session
Th., July 19th	Lodge	10am – 11 am	Open Forum with GM
Th., July 19th	Boathouse	5pm	PO Picnic
Th., July 19th			Cranberry Garden Club Annual Bus Tour
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
Sa., July 28 th	Lodge	9 pm	80’s Dance Party
Sa., July 28th	Lodge	11:30 am	Elder Luncheon
Wd., August 1st	Boathouse	9am -5pm	Yard Sale Setup
Wd., August 1 st	Allegheny Room, Lodge	2 pm-5 pm	Clothing Sale drop off
Th., August 2nd	Boathouse Bridgeport Country Club	9am – 5pm	Yard Sale Setup Women’s Mountaineer League
Th., August 2 nd	Allegheny Room, Lodge	10 am-5 pm	Clothing Sale set up and swap
Fr., August 3rd	Boathouse Mountain Laurel Room	8am – 5pm 6pm – 9pm	Yard Sale Open Mic Night
Fr., August 3 rd	Allegheny Room, Lodge	9 am	Clothing Sale open to public
Sa., August 4th	Boathouse	8am – 12pm	Yard Sale
Sa., August 4 th	Allegheny Room, Lodge	9 am-12 noon	Clothing Sale
Wd., August 15th	Sunny Croft Country Club		Women’s Mountaineer League
Th., August 16th	Lodge	10am – 11 am	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	8:30 am banquet at 2:30	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 – 11 am	Open Forum with GM
Sa., September 22nd	Boathouse	12pm	Oktoberfest
Su., September 23rd	Boathouse	8am – 11 am	Oktoberfest Breakfast
Th., October 18th	Lodge	10am – 11 am	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 --- COMPLETED

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--- COMPLETED

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!!!

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**

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