

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



Janice Nelson, Editor

September 7th, 2018

EDITOR'S COMMENTS

OKTOBERFEST is scheduled for Saturday, September 22nd! It's always a fun time but much help is needed to make it possible. Please contact Norleen Hoadley or Birgit Stock if you can help in any way. Bakers are always in demand for our elegant bake table. Trish Birch is the contact person for anyone who can provide a baked item and/or volunteer at the baked goods table. You will find their contact information in their articles below. This Saturday is the 70's Dance Party at the Lodge. This event benefits the Shriners, so consider putting on your bell-bottoms, wedged shoes and come on down for a little disco-ing! The BEAR has arrived to welcome all who enters our Alpine community. A big thank you goes out to Sally Rocchi and the Beautification Committee for funding the BEAR and to Jim Rocchi and Clark Sharpless for building the support system the BEAR stands on. The weather should cool down this weekend, so I hope you all enjoy whatever you have planned. Until next time...

The next FWIW will be issued on Friday, September 21st. Please email all articles to, Janice Nelson, at mamaj11@yahoo.com.

ALPINE LAKE FOUNDATION *by Pat Arnone*

On behalf of the Alpine Lake Foundation, I would like to thank Tom Kinsey for organizing and facilitating the Rock 'N Roll Hall of Fame Fundraiser. Bob Evick was a great addition and shared anecdotes, as well as some great photographs of those inducted into the Rock and Roll Hall of Fame. As always, at any Alpine Lake function, the food was plentiful and delicious. The event was a great success thanks to the generosity of the wonderful people of Alpine Lake. These scholarships go a long way to increase the educational opportunities for Preston High School graduates whether it be a university or a technical school. The Foundation could not operate without the generous support it receives from the community. Thank you all again for making the event a successful one.

MEMORIAL FOR DAVE CRANE *by Tom Kinsey*

On Sunday, September 16th, there will be a memorial service at the Boathouse celebrating Dave Crane's life. Please gather at 3pm, the service will begin at 3:30. Pat Kerr will conduct the service, and please come with memories of Dave to share. Dave loved the fellowship that is emblematic of the Alpine community. Following the service, we will remember Dave in a fellowship hour. Please bring finger food or dessert to share. Soft beverages will be provided.

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.

ALPINE LAKE PROPERTY OWNERS COMMITTEE by *Birgit & Bernie Stock*

Here we are again, in September, with some of the best weather of the summer. The events in the past month seemed to have gone smoothly with the Carry-In, Luau and Labor Day Picnic all being well attended and enjoyed.

Our last big event of the summer is just weeks away. OKTOBERFEST will take place at the Boathouse on Saturday, September 22nd, starting at noon and continuing until dark. As always, the food will be homemade for the most part, libations will be many, and various and a good times should be had by all. Music and games will fill the day, with the OVFD OKFST Band playing from 3-6pm, hopefully under the direction of our good friend, Manning Smith. The Sugar Foot Dancers will entertain from 1:30-2:30 with audience participation. Corn Toss and Stein Holding will keep the adults active as well as activities for the youngsters. More than a dozen vendors will be in the area to sell their wares. Paddle Boats and maybe a carriage ride or hay wagon for family pleasure are in the planning.

Although a number of PO's have already signed up to help the event run smoothly, more are welcome and needed! An hour or two would be great! Call Norleen (304) 789-6600 or Birgit (304) 789-2443 to pitch in.

Since we will not have breakfast at the Boathouse on Sunday morning, it is hoped that the LODGE will provide a great breakfast for ours patrons and guests.

Last, but not least, a day not unlike the one we had for our picnic last Sunday would be great. If you missed it, it was one for the books. BEAUTIFUL.

It's been great seeing the beach, lake, lodge, golf course and rentals in full use the last month or so. Lots of new faces enjoying our home in the mountains. Try keeping positive in your thoughts, words and actions. They may be our future owners. By the way, remember that PPTaxes, RETaxes and scheduled assessments are due this month. You don't want your name to end up in the newspaper!

OKTOBERFEST BAKERS NEEDED by *Trish Birch*

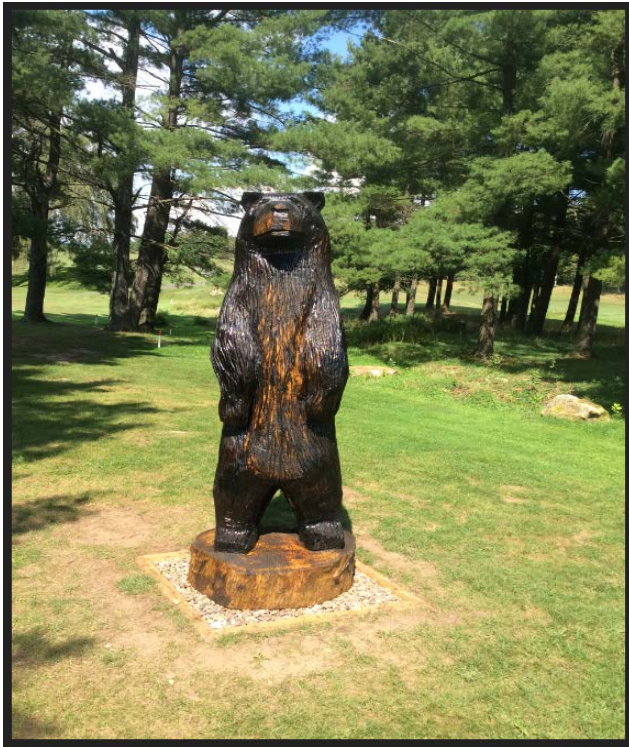
BAKED ITEMS NEEDED!!! Make your favorite CAKE 🍰 PIE 🥧 COOKIES 🍪 BREAD 🍞 for the dessert table. Sign-up sheet is at the desk in the lobby of the lodge. Will also need workers. If you can help or bake, call or sign up at the lodge. My phone number is (434) 944-6184. Thank you.

WEST NILE VIRUS by *John Laing*

West Nile Virus has been confirmed in mosquitoes in WV. A good practice is to keep a container of stagnant water where you can observe it and dump it when you see wiggly movement (developing mosquito larvae). The larvae cannot live out of water. The birdbath in our front yard collects leaves, etc. and mosquitoes regularly lay their eggs in it. By attracting them and then killing the larvae I eliminate a large number of adult mosquitoes.

ALPUC PUBLIC MEETING – SEPTEMBER 29th – 9am
SPECIAL MEMBER MEETING TO VOTE ON BYLAWS
SEPTEMBER 29th – 10am

BEAUTIFICATION COMMITTEE by Sally Rocchi



BEAR is here, and welcoming everyone to our community. Thanks to Clark Sharpless and Jim Rocchi, BEAR sits on a good foundation, and his injuries have been repaired. He should stand there for many years. Bob Wilt of Backyard Bears, Grantsville, MD is his creator.

When the weather cools, we will be weeding the landscape in front of the Lodge, and adding new mulch, this with a new roof, will make our Lodge look spectacular.

The daffodil bulbs will arrive in a few weeks, I'll let you know when I need help to plant them.

I will say again, that I wish to resign from this committee, and would be grateful if one or two property owners would step up and take my place. In the past we have had co-chairpersons, so it not necessarily a position for just one person.

FROM THE PRO SHOP by Tom Hawkins

Top Dressing and Aeration of the greens will be taking place on September 6th and 7th. This is a necessary and important process for the conditioning and preservation of our Greens. Hang in there folks by Monday you will never know!

The Preston Knights Golf Team practice session for Thursday will be cancelled due to the Aeration treatment. The Knights do have a match scheduled for September 18th with Buchannon / Upshur at 4pm. They will be playing off the back nine for this match. The back nine will be closed until they tee off for this match.

September 12th: The Paugh Golf Group has tee time from 10am until 11:24am for their annual outing. They have been here for a few years and we welcome them back.

September 12th -15th: Our Good Friends, "THE GOLF-A-PA-LOOSA GOLF GROUP", will be TOOTING THEIR HORNS and invade our quite peaceful golf course once again...These guys have a great time here and are respectful of our course and love playing here. WELCOME BACK, GUYS!

September 22nd: OH YEAH, "THE ANNUAL OKTOBERFEST" will be ready to tee off at 8am.. Open to Golf Members (\$20), ALPOA Property Owners and Public guests (\$45). All entry fees include a \$5 meal ticket for lunch at the Boathouse after golf. You can sign-up a foursome or individually and be paired with other singles who are looking for partners. Sign up in the Pro-Shop or call us and we will do it for you. COME JOIN US FOR THE FUN AND A GGRRRRRRRRRRRRRRRRRREAT GOLF EXPERIENCE!

September 23rd: Frank Mastalerz will be bringing his group of students and getting to the” roots” of their golfing skills. They will be trying not to get into any “cavities” on the course as they challenge each other to “cap” off their summer session. They will have a modified shotgun start at 9am. Thanks for bringing them to Alpine for another year, Frank.

September 24th: Fall pricing will be in effect until late October. \$25 weekday or weekend with cart.

The TUESDAY MEMBER SCRAMBLE

1st Place....	Ann Dunson	Bev Serpone	Keith DeWitt	Howard Witte
2nd Place....	Skip Creamer	Mary Ann Krewson	Gene Begel	Sandy Kelly
3rd Place.....	Larry Layman	Rich High	Kermit Becker	Dottie Schwer

Say “thank you” to Chester and the grounds crew for shaping up and maintaining this course in such extreme weather changes and conditions. Come on over and join us. Good to get out and golf!

MORE GOLF NEWS *by Skip Creamer*

ALPINE MENS GOLF

The men played the first six holes from the white tees, the second six from the gold, and the final six from the red. The top six spots stayed the same but Keith DeWitt pulled within six points of the leader, Doug Smith. Ken Reel was knocking on the door of entering the top six but, unfortunately, was involved in an auto accident this week sustaining several broken toes and probably has finished his season. Only two weeks remain with the final on September 19th when the men will also have a Championship round followed by dinner and awards. Everyone is welcome to the dinner but reservations must be made by the 12th. A choice must be made for meat loaf, baked chicken or ham with mashed potatoes, and green beans (salad, dessert and non-alcoholic drinks included) for \$15. Call Skip for info at (304) 789-2766.

RACE TO THE LAKE – Week 17

Doug Smith	144	Ken Reel	70
Keith Dewitt	138	Jim Cox	63
Skip Creamer	118	Chas Minor	61
Barry Krewson	113	Gary Horsey	60
Steve Steffan	73		
Larry LaKomy	73		

RESULTS September 5th

Gross	Net	CTP	Longest Putt #11
Keith DeWitt	Phil Gardner	Keith DeWitt	Bill Felix
Skip Creamer	Bill Felix		
Barry Krewson	Dan August		

TREASURE POT - \$149

STROKERS – September 3rd

The first week of play in the fall took place tonight with four squads playing in ideal conditions. With weekly bragging rights on the line, the Creamers and Krewsons prevailed scoring the only sub-par round of the evening.

1st: Skip & Dottie Creamer, Barry & Mary Ann Krewson

2nd: John Bowers, Sue Aamodt, Les Gunderson

3rd: Clark Sharpless, Bev Serpone, Bernie & Birgit Stock

Question for a free dinner: At John McCain’s funeral service there were several former presidents. Name them.

Answer: Clinton, George W. Bush, Obama and Woodrow Wilson who is interred on the main level of the cathedral. There was no winner.

ALPINE LAKE LODGE HOURS

FRONT DESK

Monday - Thursday: 7am–7pm

Friday & Saturday: 7am–9pm

Sunday: 7am-5pm

EVERGREENE ROOM

Monday – Saturday: 9am – 9pm

Sunday: 9am – 7:30pm

FITNESS CENTER

OPEN DAILY from 5am – 11pm

POOL

OPEN DAILY from 5am – 11pm

LAKERS LOUNGE

Monday – Saturday: 4pm-9pm

Sunday: Closed

PRO SHOP

OPEN DAILY 7am – 7pm



FREE CLASSIFIED ADS – “A Service for our Community”

SEARCHING: If anyone wants to sell their lake view home, please contact Bob at (610) 636-2160 (8-10)

FOR SALE: Electric Generator Wallenstein Mode I7200 EA 13 HP Honda Electric start, USED ONLY TWICE \$1250 - Wrangler Unlimited Jeep Cover 2007-2018 Quadrate Softbound 5 layer light grey like new \$100. Ted Borgna 304-641-7473 or theoborg@hotmail.com (9-7)

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.

ALPUC PUBLIC MEETING – SEPTEMBER 29th – 9am
SPECIAL MEMBER MEETING TO VOTE ON BYLAWS
SEPTEMBER 29th – 10am

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**
- 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

Note: Dump Open: Tues/Thurs 7am – 4pm & Saturdays 7am-4pm

T.A. Recycling Plant Open: Tues/Thurs 8am–3pm, 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** – Rhododendron Room

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

Date	Location	Time	Event
Sat., Sept. 8th	Lodge	8pm-11pm	70s Dance Party
Tu., Sept. 11th	Boathouse	7:30pm	Understanding the New Nutrition Facts Labels
Th. September 13th	Alpine Lake Golf Course		ALLGO Championships
Fri. September 14th	Alpine Lake Golf Course		ALLGO Championships
Sun., September 16th	Boathouse	3pm	Memorial for Dave Crane
Wed., September 19th	Alpine Lake Golf Course	9am	Men’s Championships/Dinner
Th., September 20th	Lodge	10am – 11am	Open Forum with GM
Sa., September 22nd	Boathouse	12pm	Oktoberfest
Su., September 23rd	Lodge	8am – 11am	Oktoberfest Breakfast
Th., October 18th	Lodge	10am – 11am	Open Forum with GM
Th., October 18th	Boathouse	5pm	PO Picnic



New Entrees added to our menu! Available daily after 4pm

Flat Iron Pork Chop - Pork sirloin flat iron steak w/ your choice of potato and veggie of the day \$10

Alpine Cod - Oven baked cod topped w/ our own blend of lemon seasoned cracker crumbs, served with your choice of potato and one side \$13

Alfredo, Choice of Chicken or Shrimp - Tender chicken breast or 5 shrimp, served over linguine & topped with rich Alfredo sauce and garlic toast \$13

Baked Lasagna - Layers of lasagna noodles, ground beef, varieties of cheese, and our own marinara sauce served with garlic bread and side salad \$12

Beef Liver & Onions - Tender pan-fried calf liver smothered in onions, w/ your choice of two sides \$12



Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories 230

% Daily Value*

Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

ALPINE LEARNING PROGRAM PRESENTS THE LATEST AND GREATEST - UNDERSTANDING THE NEW NUTRITION FACTS LABELS

Behind the scenes changes to the Daily Values and how nutrients are measured....updates coming by 1/2020.

**Tuesday
September 11th**

7:30 p.m.

@ The Boathouse

**\$5.00 per person at
the door**

**Sign up at the Lodge
Alpine Learning
Program
Summer of 2018**

James Hoadley, PhD

Retired USPHS Officer and
Retired FDA Regulatory
Scientist, Currently a
Consultant to the
Food/Supplement Industry

2018 ALPINE LEARNING PROGRAM

www.alpinelake.com

REGISTER NOW!!!!

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.

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 collected at the door of **THE BOATHOUSE**