

## Important Dates

### Ocean Park Civic League Meeting

May 7

Ocean Park  
Rescue Squad

September 10

November 5

Thursdays

7:00 p.m. socialize

7:30 p.m. meeting

### Fireworks

July 4

Saturday

9:15 p.m.

The beach

### OPCL Adopt a Spot Cleanup

June 6

Saturday

9 a.m. to noon

### Ocean Park Volunteer Rescue Squad Blood Drive

May 15

Friday

2p.m. to 7 p.m.

Rescue Squad

## Message from the president

Spring is here and I'm enjoying finally driving my Jeep with the top down. It's hard to believe after this long, cold winter, but we can now get back to enjoying the reason we live here—the beach. It is almost surreal to think that just a short time ago, when I was writing my letter for the March newsletter, I was looking out my window onto a beautifully snowed-over winter-scape and six weeks later we have had our first 80 degree day.

In keeping with the new social atmosphere at our general membership meetings, we will have our May meeting at the Ocean Park Volunteer Rescue Squad (OPVRS). Weather permitting, we will be outside. Our OPVRS friends will host a cookout for us, so come on out a little early and enjoy a burger and hot dog, and socialize with our OPVRS volunteers and your OP neighbors before the meeting. Bring side dishes and desserts to share. Our guest speaker for the May general membership meeting will be Chris Wojtowicz, Lesner Bridge project manager for the city. He will update us on the bridge construction and answer all your questions about the bridge project. The construc-

tion requires some sharp turns and narrow lanes. Some residents feel that the speed limit on the bridge should be reduced during the construction. We will discuss this at the May meeting, and determine if a formal request to the city to reduce the speed limit on the bridge for the duration of the construction. If you want your opinion heard on this matter you should come out to the meeting.

**Don't forget to  
donate to the  
fireworks show!  
[www.opcl.org](http://www.opcl.org)**

As we spend more time outside, many of us will enjoy Pleasure House Point Natural Area (PHP). We are fortunate to have such a treasure in our backyard. As a civic league, we are also fortunate to have funds available to help preserve this wonderful asset, which the general membership voted to do several years ago. At our last meeting we decided to form a committee to research ideas for this donation. This is your chance to have a direct

impact on the preservation and upkeep of PHP. If you're interested in serving on this committee please get in touch with me. Your neighbors will appreciate your volunteerism and you will be able to see the fruits of your labor when the project is completed.

In keeping with my promise to make our civic league more social, the membership decided at our March meeting to fund two block parties this coming year, one on the south side, and one on the north side. Since there was snow on the ground and an ice storm blowing outside at the time of the meeting, this decision wasn't very hard.

Our social committee has begun planning these events, but these things take many hands. Our social committee chairs, Lauren Harrington and Robin Geison, could use some help, both with planning the events and on the days of the events. Volunteering to help out with these events won't take up much of your time, but will go a long way in bringing our community together.

I hope to see you at the next meeting, but until then, stay classy OP.

*Rick Mercadante, OPCL president*

## Chesapeake Bay Foundation/Ocean Park partnership

*“The Bay and its waterways work for us every single day, boosting our economy and quality of life,” said Tanner Council, CBF Clean the Bay Day coordinator.*

The Chesapeake Bay Foundation (CBF) and its local partners across Virginia are now recruiting volunteers for the 27th Clean the Bay Day, CBF’s annual shoreline cleanup, scheduled this year for Saturday, June 6, 2015, from 9 a.m. to noon. Thousands of volunteers are needed on foot and in boats to help pick up litter and debris along the shorelines of the Chesapeake Bay and its many rivers and streams. Last year, more than 6,000 volunteers participated in Clean the Bay Day, removing approximately 110,000 pounds of litter and debris along 460 miles of shoreline.

“Protecting and restoring the Bay requires all of us to do our part to reduce pollution. Clean the Bay Day is a great, practical way for individuals to give a few hours back and make a big difference,” said Tanner Council, CBF Clean the Bay Day coordinator.

Cleanup sites are available throughout Hampton Roads. To register at a site near you, visit [cbf.org/clean](http://cbf.org/clean), send an e-mail to [ctbd@cbf.org](mailto:ctbd@cbf.org), or call 1-800/SAVEBAY. Early registration is advised. Major corporate sponsors for Clean the Bay Day include CSX, Norfolk Southern, Port of Virginia, Brown Advisory, River Network/Budweiser,

### Save the Date for the 27th Annual Clean the Bay Day!

Annually during Clean the Bay Day, approximately 7,000 Virginians remove nearly one hundred tons of debris from Virginia waterways and shorelines.

Don’t miss this opportunity to show your constituents that clean water is an important priority.

Please SAVE THE DATE by marking your calendars today!

**Saturday, June 6, 2015**  
**9:00 a.m.-Noon**  
*at hundreds of sites throughout Virginia*

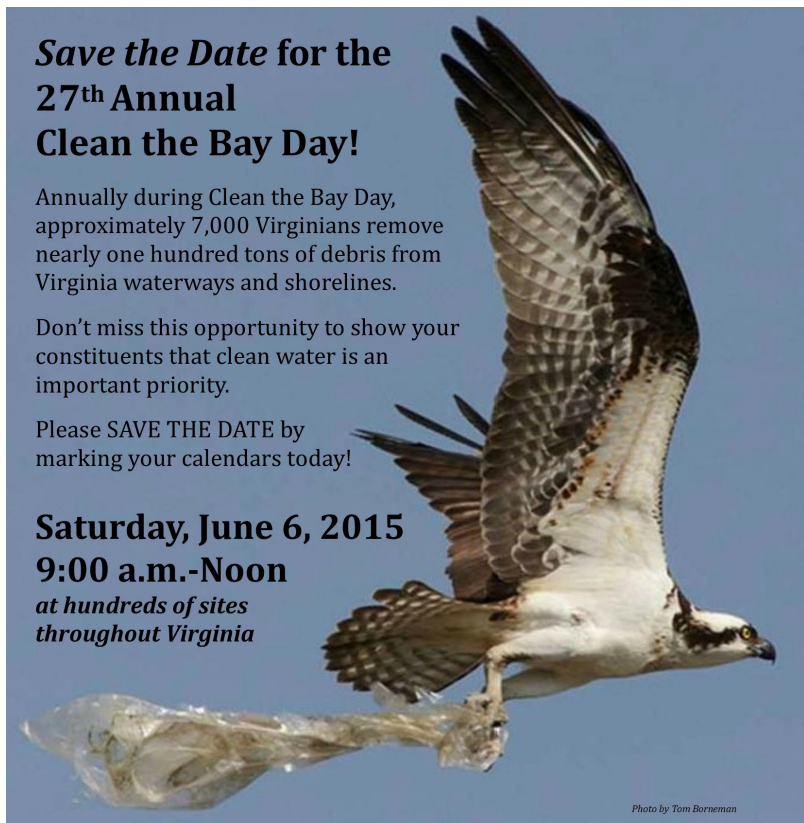


Photo by Tom Borneman



**CHESAPEAKE BAY FOUNDATION**  
*Saving a National Treasure*

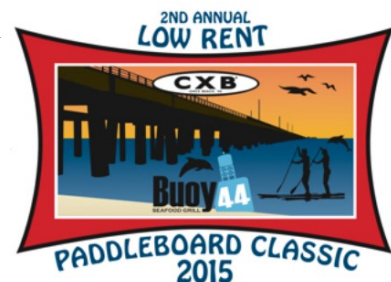
Farm Fresh, HelioSage, Entercom Communications, Inside Business, and AltDaily.

—Christy Everett,  
*director Hampton Roads Chesapeake Bay Foundation*

## Why leave Shore Drive to have fun?



Last year marked the first time these events took place in our sister community of Chesapeake Beach. Sponsored by their civic league, these events will occur on two separate dates this year to minimize the coordination needed. The 5k run/walk will occur May 30 starting at HK on the Bay restaurant and the paddleboard classic will happen June 27 at 11 a.m. in front of Buoy 44 restaurant. Come out and support our friends to the north or participate. For more information, visit [www.cxbcivicleague.org](http://www.cxbcivicleague.org).



## Avoiding the pitfalls of remodeling in Ocean Park

If you've been through the remodeling experience, chances are things didn't go perfectly and there was more dust than you thought, but doing your homework and being prepared can be the difference between success and tragedy.

On your side of the contract are the rules set forth by the Virginia Department of Professional and Occupational Regulations (VADPOR) that regulates all licensed contractors.

All contracts between contractor and owner are required to have the following statements. These are the bare minimum requirements for ALL home improvement contracts.

1. When work is to begin and the estimated completion date;
2. A statement of the total cost of the contract and the amounts and schedule for progress payments including a specific statement on the amount of the down payment;
3. A listing of specified materials and work to be performed, which is specifically requested by the consumer;
4. A "plain-language" exculpatory clause concerning events beyond the control of the contractor and a statement explaining that delays caused by such events do not constitute abandonment and are not included in calculating time frames for payment or performance;
5. A statement of assurance that the contractor will comply with all local requirements for building permits, inspections, and zoning;
6. Disclosure of the cancellation rights of the parties; For contracts resulting from a door-to-door solicitation, a signed acknowledgment by the consumer that he has been provided with and read the acknowledgment.
7. Contractor's name, address, license number, expiration date, class of license, and classifications or specialty services; and
8. Statement providing that any modification to the contract, which changes the cost, materials, work to be performed, or estimated completion date, must be in writing and signed by all parties.
9. A statement of the total cost of the contract and the amounts and schedule for progress payments including a specific statement on the amount of the down payment;
10. A listing of specified materials and work to be performed, which is specifically requested by the consumer;
11. A "plain-language" exculpatory clause concerning events beyond the control of the contractor and a statement explaining that delays caused by such events do not constitute abandonment and are not

included in calculating time frames for payment or performance;

12. A statement of assurance that the contractor will comply with all local requirements for building permits, inspections, and zoning;

It may be a surprise, but not all houses are built or maintained perfectly and unforeseen water damage, insect damage, improper framing can all be found once the drywall is removed.

Be prepared for extra expense with remodeling due to these items.

Starting a job without selecting the finishes is a recipe for disaster. Select, budget and get your selections

in the contract and monies tallied before you start. The goal is to get the job done, avoid complications and improve your home. And whatever you do, use a reasonable draw schedule that keeps your contractor motivated.

*Andrew R. Broyles O.P resident since 2001,  
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pays the best interest.*

*—Benjamin Franklin*



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## Outdoor head injury talk with the Emergency Doc

With the warm weather, everyone shifts from the protected environment of their house to the outdoors. More sunshine (more Vitamin D), more activity, more socialization—all are good things. But with increased outdoor activities comes an increase in outdoor-related injuries. We see an uptick in these, especially early in the summer, when people seem to over-do it a little to make up for lost time. When it comes to these injuries, the old adage “an ounce of prevention is worth a pound of cure” comes to mind, because that is absolutely the case with these injuries.



*What type of injuries are you talking about Doc?* Right now I'm seeing many concussions. Because of the NFL and military, there have been massive amounts of research into head injuries—especially concussions.

Which of the following is true?

**The difference between a concussion and a minor head injury is:**

**A) To be a concussion you lose consciousness for at least a few seconds.**

**B) If symptoms last for more than a few days (such as headaches, nausea, dizziness, confusion), it is likely something more serious than a concussion.**

**C) You are OK to return to playing sports as soon as your symptoms are gone.**

**D) All of the above are true.**

**E) None of the above are true.**

The answer is E, none of the above. A concussion is a minor head injury and does not require loss of consciousness, symptoms can last for weeks or months (and in fact the longer the symptoms last the more likely it is a concussion and not something more

serious such as a head bleed), and you should not return to sports or other activities until you have been cleared to return by someone trained to do that. Your brain is still healing even when you don't have obvious symptoms. A concussion is a bruise on the brain, and like a bruise on your arm just because it doesn't hurt anymore doesn't mean it's completely gone. Reinjuring your brain before it's fully healed can have dangerous consequences, both short-term and long-term.

*So how do you prevent a concussion?* Assuming you or your kids will continue to do activities that put you at risk (like riding a bike, skateboard or scooter), wearing a helmet is the single biggest protection you have. Every day I work in the emergency room, I see both kids and adults with concussions that were entirely preventable, or at least would have been minimized, by wearing a helmet. As for your kids, it's easy to make them do it. But the best way is to set the example yourself and wear a helmet when you ride, especially with them. They really do make a difference in preventing, or at least lessening, head injuries.

If you do suffer a head injury, when should you go to the emergency room? Most serious head injuries (i.e. bleeds in the brain or skull fractures) will show up almost right away (with either a large “goose egg” on the scalp or rapidly worsening headache/confusion/neurologic symptoms/repeated vomiting). You may feel okay right away, but will definitely begin worsening within an hour or two.

There is no true magic “time” but generally once 4-6 hours have passed you are in the clear from a serious injury that needs immediate emergency treatment. That doesn't mean you don't

have a concussion, it just means that you don't have a bleed or fracture that requires immediate treatment. Why do I say this? Many, many people show up to the emergency room 12 hours, two days or even one week later with concussion symptoms, and want a CT scan of the head. Concussions do not show up on a CT scan, and generally the farther out you are from your injury, the less likely it is something that will show up on the CT scan. This is less true for the elderly and those on blood thinners, but for most people once six hours have passed you're not likely to benefit from a CT scan. If there is any question, you should come in to be evaluated, but don't be surprised if the doctor does not order a CT scan. In fact, if a doctor does order one you should ask the doctor to explain why the CT scan is necessary, to avoid all that extra radiation to your brain. And if six hours have passed, there is no need to wake the person up every hour to check on them!

Hopefully you're feeling a little more educated about concussions. Just remember, wear your helmet. If you do hit your head, watch for the more serious signs/symptoms listed above and seek help if they show up. But if you're doing okay and several hours have passed, you likely do not need to go to an ER. Take two acetaminophen or ibuprofen for the headaches, and call me in the morning. And whatever you do, don't return to higher-risk activities until you not only are symptom free but have been cleared to do so.

—Todd Parker, M.D.

*Todd Parker, MD is a board certified Emergency Physician who lives in Ocean Park and practices in Chesapeake VA. He is a Fellow of the American College of Emergency Physicians, a Fellow of the American Academy of Emergency Physicians, a host of the radio show “ER Doc Talk” on WTNIS 790AM in Norfolk, VA, and health care blogger at <http://www.facebook.com/pages/The-Emergency-Doc/317590189868>*

## Adopt-A-Spot cleanups

Mark and Mary Ellen Faust lead the cleanups as the OPCL Adopt-a-Spot chairpersons. They schedule cleanups throughout the year at Pleasure House Point.

### Cleanup for Clean the Bay Day

**June 6, 9 a.m. to noon**

Meet at the Marlin Bay trailhead.

Wear appropriate clothing, footwear and gloves if preferred.

The committee will announce cleanups on the Ocean Park Facebook Page, by email and in the newsletter.

For more information or to participate, please contact them at [mary3739@cox.net](mailto:mary3739@cox.net).



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### Exterior Improvements

- \* Additions
- \* Structural and Moisture repairs
- \* Decks
- \* Porches
- \* Fencing
- \* Siding
- \* Windows and Doors
- \* Roofing
- \* Shell construction
- \* Driveways

### Interior Improvements

- \* Kitchens
- \* Baths
- \* Crown molding
- \* Bearing wall removal
- \* Floor plan changes
- \* Interior trim
- \* Balcony and stair railings
- \* Interior decorating
- \* Whole house remodeling
- \* Space planning

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## Fourth of July Fireworks on the bay

Saturday, July 4 (rain date July 5) 9:15 p.m.

The show is on a barge in the bay. **Please donate now. No Money = No Show** Please give something if you attend the fireworks show. This spectacular show is arranged with personal donations only. **No money comes from general civic league funds or the city.** No amount too small. Average amount: \$20-\$100 per household. If we don't raise the money, we don't have a show. Thank you for your support. To receive updates make sure you email [Ryan.McCawley@gmail.com](mailto:Ryan.McCawley@gmail.com).

Checks: "OPCL Fireworks"

Credit Card: PayPal at [www.opcl.org](http://www.opcl.org)

Mail: "OPCL, Fireworks, PO Box 5118, Virginia Beach, VA 23471."

Participating communities: Ocean Park (including Pelican Dunes, Chesapeake House, BayVista, 3356 on the Bay, Aeries on the Bay, Three Ships Landing), Baylake Pines and Chesapeake Beach.

### OPCL Sponsors

- The UPS Store Shore Drive: 10 percent off all services except United States Postal Service postage and UPS shipping.
- Tidewater Insulators: 10 percent off any attic or crawlspace insulation package.
- The Royal Chocolate: 10 percent off product purchases. Does not apply to gift cards, shipping or delivery. One per person, per visit.
- Lend a Hand Massage Therapy Free half hour reflexology added onto your 60-minute massage. Not valid with other discounts.
- Froggie's Cantina by the Bay: five percent discount for all OPCL members. Not valid with other discounts/coupons.
- Ampmor Electric Corporation: Buy a one year Energy Saving Maintenance Agreement and get a year free. (\$140 value). Receive \$30 off service calls. Receive \$350 off a HVAC system replacement, home generator or tankless water heater installation.
- Happy at Home Professional Pet Care: 50 percent off pet care and dog walking services. Not valid with other offers.
- Salon De Bella: 25 percent to first-time customers and a 15 percent on subsequent visits. See coupon ad for more.
- Complete Automotive, Inc.: Ten percent off any work up to \$100.

Consider becoming a business sponsor. Contact **Ryan McCawley** at [Ryan.mccawley@me.com](mailto:Ryan.mccawley@me.com). You may need to show your OPCL membership card to receive discounts.



PROTECT THE BAYFRONT SAFETY FIRST PLEASURE HOUSE POINT

Now is the time to join - or renew your membership in - the Ocean Park Civic League. Pay now and get credit for all of 2014!! Dues are just \$15 a year per family. If you are not a member, become one now. Just fill in the Membership Application and mail to the P.O. Box listed below. Or join on-line at [www.opcl.org](http://www.opcl.org). You will be helping your community and keeping yourself informed.

Name:	_____	
Street Address (and City/State/Zip if not 23455)	_____ _____	
Email:	_____	
Phone:	H: _____	C: _____
Do You Own or Rent?	<input type="checkbox"/> Own <input type="checkbox"/> Rent	

Areas Of Interest (Check all that apply):

- Newsletter (contributions/distribution/solicitation for ads)
- Traffic Committee
- Shore Drive Community Coalition Liaison
- Zoning
- Social Committee

Mail this application and your dues of \$15.00 (check made to OPCL) for calendar year 2014 to:  
 Ocean Park Civic League  
 P.O. Box 55385  
 Virginia Beach, VA 23471



# OPCL official business

**OPCL Finance**

**Committee Update:**

The Robbins Legacy account held investments valued at approximately \$226,300, as of March 31, 2015, up from \$222,770 at year-end, 2014. No distributions were made thus far for 2015. The current portfolio allocation is approximately 75 percent fixed income/cash and 25 percent equity investments. In addition to the growth of the

original \$180,000 investment, the account generates approximately \$6,000 a year in interest and dividends, which is available for distribution. Since 2008, over \$39,000 has been distributed in support of civic league functions and community organizations. If you have ideas for funding of community projects and improvements in Ocean Park, please contact any officer of the civic league listed in the newsletter.

**OPCL Committee on Governmental Affairs and Zoning Update:**

The committee has not presented any reports regarding decisions.

**OPCL Finance Committee Update:**

OPCL needs a new Council of Civic Organizations representative. Duties involve attending meetings once a month

and reporting back to the civic league board and to the general membership. If interested contact OPCL President Rick Mercadante at [president@opcl.org](mailto:president@opcl.org) for more information.

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*We're at the corner of Shore Drive and W. Great Neck Road for a hair appointment call 757/351-3447*

# Greetings from Ocean Park Volunteer Rescue Squad

The rescue squad has started preparing for an active and safe summer of fun in Ocean Park. Our emergency medical technicians (EMT) and paramedics prepare for increased call volume, but also increased neighborhood participation through education events and social gatherings, including our bi-weekly cookouts at Ocean Park (every other week, please check our Facebook page to find out when they occur), upcoming movie nights and CPR classes.

The rescue squad system in Virginia Beach (actually comprised of 10 squads including Ocean Park) is volunteer with a small paid supplement of paramedics and supervisors. The vast majority (over 1000) of active EMT's and administrative members are your neighbors, and they work hard to bring you the best service possible when you need them the most. At Ocean Park, we pride ourselves on having the nicest facilities, ambulances and equipment in the city, and this is not possible without your donations in time and money.

We currently need a new ambulance to replace at least one of our aging ambulances. Unit 120 has in excess of 220,000 miles on its chassis. We received matching grants from both local and state entities to replace at least one ambulance, but would like to replace two. We may have an opportunity to purchase two barely-used ambulances from a neighboring squad at a significant discount, increasing our fleet to four ambulances. We will also purchase self-loading stretchers for our primary ambulances and eventually all four down the road.

The building, parts of which date back to the early 1950's, is in relatively good shape but has a failing roof. We will secure bids for a new roof, preferably with a pitched design for aesthetics and better water management. If you have a connection for commercial roofing, please call me. We want the building to last another 60 years but definitely need the help of the Ocean Park community.



OPCL! Please sign up your Kroger Plus card for free community rewards? When you do Kroger donates money on your behalf to the organization of your choice. This past quarter with 44 households enrolled who shopped at Kroger between 12/01/2014 and 02/28/2015 Kroger donated on your behalf \$736.78, all for just shopping at Kroger and using your free Kroger rewards card.

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Once signed in, you can enroll or update your Community Rewards under your Account Settings.

Organization Name: Ocean Park Volunteer Rescue Squad  
 Organization Number: 84183

Just go to: [www.kroger.com/communityrewards](http://www.kroger.com/communityrewards)

We have a refurbished exercise room at Ocean Park, with graciously donated equipment from several generous sources. Some of it is commercial grade, some of it is not. We would like all of the equipment to be of a commercial grade. We still need a treadmill, an elliptical and a recumbent exercise bike. If you have one to donate or know someone who does, please contact me.

We are always grateful of the Ocean Park community and what you do for the station. Please remember we have the meeting room available for community or personal events, and your presence is always appreciated at our public events (especially the cookouts).

We appreciate more than your money, we need you. We always need new members to replace the ones who get tired, retire and move to Florida, get transferred, deployed, etc. We provide the training, the uniforms, the entertainment, and best of all, you do it in your own back yard, helping your neighbors. We also need ad-

ministrative members to help move ambulances around, help with the building, help with training and public events. There is always a need.

Our special thanks to some of the local businesses that make our job a bit easier: CP Shuckers on Shore Drive, Froggies Cantina, Taste Unlimited on Shore Drive, Buckethead's and Uncle Rich's. And "Thank You" to Jill Doczi with the OPCL for allowing us to participate in your newsletter and continually encouraging us in general!

*Benjamin Cohen, Esq., NR-P  
 Life Member, OPVRS*

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## Lynnhaven River NOW partnership: Volunteer and event opportunities



### River Cleanup

Saturday, May 9

9 a.m. to noon

Beach Garden Park

### Spat Catcher's Workshop

Help us study oyster growth in the Lynnhaven and continue our restoration efforts.

Wednesday, May 20

5:30-7:30

Brock Environmental Center

### Oyster and Craft Brew Tours

Sunday, May 31

Sunday August 23

Taste Tidewater Tours and Pleasure House Oysters have teamed up for a culinary tour sure to blow you away (and support LRNow). Sign up through Taste Tidewater Tours .

### Bird Walk

Saturday, June 13

7:30 a.m.

Pleasure House Point

\$5 per person

It takes a community to restore and protect our waterways. We know how fortunate we are to live in this beautiful place.

More information coming soon to

the LRNow website. Call (757) 962-5398 for more information or to register.



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# McCawley

## DIGITAL DEVELOPMENT



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**HOME/OFFICE NETWORK** DESIGN SECURITY

**PC REPAIR**

### RYAN McCAWLEY

OWNER / DEVELOPER

[RYAN@MCCAWLEYDIGITAL.COM](mailto:RYAN@MCCAWLEYDIGITAL.COM)

757.708.2225

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VISIT



ISN'T IT TIME?



**\* @ BROCK ENVIRONMENTAL CENTER \***

MONDAYS 4PM & SUNDAYS 10AM  
ON THE BACK DECK OF THE BROCK

\* DISCOUNT FOR OPCL MEMBERS \*

A PORTION OF ALL PROCEEDS WILL BENEFIT THE  
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**PLEASURE HOUSE POINT YOGA**



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**WWW.OPCL.ORG**

**Giving blood doesn't require much time.  
About an hour should do it.**

You can help save up to three lives in about an hour.  
The need is ongoing but the supply is not.  
Please give blood today.



**Ocean Park Volunteer  
Rescue Squad  
Blood Drive**

3769 East Stratford Road - Social Hall

**Friday, May 15<sup>th</sup>  
2:00 pm – 7:00 pm**

For an appointment, visit [redcrossblood.org](http://redcrossblood.org)  
Sponsor Code: **OPVRS**



Visit [redcrossblood.org](http://redcrossblood.org) or call **1-800-RED CROSS** to schedule an appointment to donate blood.

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**May OPCL Meeting**

**Join the your neighbors outside at the Ocean  
Park Volunteer Rescue Squad for the  
Ocean Park Civic League meeting in May  
Refreshments, hamburgers, hotdogs provided.**

**Bring a side or dessert to share.**

**Thursday, 7:30 p.m. All neighbors welcome.**

**This is a great time to renew or join.**