

Lyon Park Citizen

December 2017

President's Message

There is no time more fitting to say thank you to all our volunteers for donating time to help make Lyon Park a great place to live. Without volunteers, Lyon Parkers would not experience annual events such as the cupcake sale, holiday party, pancake breakfast, chili cook-off, spring fair, plant sale, neighborhood night out, Halloween parade of costumes and bonfire, bake sales and more. And don't forget our newsletter! We look forward to continuing these events and more but cannot do so without neighbors volunteering. Look at your 2018 calendar and see where you can donate time.

If you don't have time to volunteer but would like to help sustain the Lyon Park Community Center, donating is easy. You can make a payment online at <http://lyonpark.info/donate/>.

Stay informed by attending a Lyon Park Citizens Association meeting. Meetings begin at 7:30pm and are held the second Wednesday of each month. Not only will you network with many neighbors, but you'll gain information about what is happening in Lyon Park as well as Arlington County. Place the LPCA meetings on your calendar and plan to attend.

Holiday Cheer and Happy New Year!

*Christa Abbott and
Annemarie Selvitelli*

LPCA Co-Presidents

Please Remember the Community Center in Your Giving

You can make the biggest difference locally.



- Got time? Come help at the community center or attend an event.
- Need resume fodder? Let us teach you some organizational, fundraising, communication or cooking skills.
- Too much money? Don't make us ask—just put it in a wheel barrow and wheel it over. See page 11 if you prefer more traditional mechanisms to transfer money.
- Want sherried chicken gizzards, cupcakes, or a new bike? We have you covered in our annual listserv fundraising!!! See pages 8 for details.

Book the Community Center Early!

We're not kidding!

Rentals have been brisk, and we are renting well into summer of 2018.

Book those big parties early!!!

www.lyonpark.info/calendar

Are you on the Listserv?

The Lyon Park Community has an active listserv. It's the fastest way to

- Follow the "cat in the tree"
- Hear about upcoming events
- See EOY giving incentives
- Celebrate, chatter, complain!

Don't want to see what's for sale or rent? No problem! You can tailor your selections to just what you want or need.

Visit BigTent group Lyon Park to enroll:

<https://www.bigtent.com/groups/lyonpark>



Please pay your 2017-2018 LPCA dues!

-See page 2-

\$10 annually, \$250 for life

Next meeting:

Wednesday,

January 10, 2018, 7:00 PM

Lyon Park Community Center

Classified Ads

GET SOMEONE'S ATTENTION! The *Citizen* is hand delivered to 1,900 households every issue. Use area code 703 below unless otherwise noted.

TEEN BABYSITTING

Alexis Rowland, 16, babysitter, Mother's Helper. Red Cross CPR, First Aid, automated external defibrillator and Girl Scout trained. 915-7768

Sirena Pearl, 15, Red Cross certified. Call or e-mail to schedule: 606-3277 or sirenajbpearl@gmail.com

Kalkidan Ausink, 14, babysitting for children from 18 months to 8 years old. Red Cross certified and mature, straight-A student. 528-0723 or johnausink@earthlink.net

Toby Kant, 14, dog walker, pet sitter (guinea pig and turtle specialist), plant sitter. Call or email to schedule: 626-6725 or zoekant@yahoo.com

Logan Rowland, 14, babysitter and mother's helper, Girl Scout certified, CPR, First Aid, AED certification, also pet and plant sitter, 525-9049

Jordan Mosley, 14, Red Cross certified and mature. Babysitter or mother's helper (no infants), dog walker or pet sitter. To schedule, please e-mail jtmosley13@gmail.com or call 623-8217

Jessica Byers, 15, experienced and available for pet sitting, lyonparkpetsitting@gmail.com or 527-9510

Max Kiriakou, 12, lawn mowing, has own lawn mower. 862-3597

Anne Bell, 16, Babysitter. Red Cross Babysitting certified, First Aid, CPR, and Automated External Defibrillator certification. Please text to schedule: 623-3507

Adalie Wilson, 15, babysitter, mother's helper, pet/plant sitter. Experience as a camp counselor, with children with disabilities. Red Cross babysitter certification. E-mail aawilson54321@gmail.com or call/text 855-8279.

Kerik Hayes, 15, odd jobs, (mowing, raking, shoveling snow, etc.), owns lawnmower, legokerik@gmail.com, (571) 232-4366.

Maggie Hayes, 13, Petsitter, and Red Cross certified Babysitter/Mother's Helper. Call or Text: 571-309-5103. Email: hmaggie119@gmail.com.

Ella Bomberger, 12, mother's helper and babysitter. Text or call 298-3233 email melbomberger@gmail.com to schedule.

Natalia Paley Whitman, 17, babysitter. Red Cross babysitting, CPR, and first aid certified. Text 571-533-5253. Email nataliapaleywhitman@gmail.com.

Blueberry Buckle

¾ cup sugar
¼ cup shortening
1 egg
½ cup milk
2 cups flour
½ tsp. salt
2 tsp. baking powder
2 cups blueberries



© Can Stock Photo / Tamara1K

Mix thoroughly sugar, shortening and egg. Stir in milk, add flour, baking powder and salt. Fold in berries, batter will be thick. Spread in a greased 9-inch square pan. Sprinkle with crumb topping.

Crumb Topping:

Mix ½ cup sugar, 1/3 cup flour, ½ teaspoon cinnamon and ¼ cup soft butter.

Bake at 375* for 40 to 45 minutes.

Page 2

The Lyon Park Citizens Association
P.O. Box 100191, Arlington, VA 22201

LPCA EXECUTIVE COMMITTEE

President

Christa Abbott and Annemarie Selvitelli
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Vice-President/Development

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amit116@hotmail.com

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edmandel@hotmail.com

COMMUNITY CENTER

BOARD OF GOVERNORS

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IMPORTANT CONTACTS

Police Liaison

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chardeman22@gmail.com

Community Center Rental Agent

Cindy Stroup (703) 527-9520
rent@lyonpark.info

Clarendon Alliance Representative

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Erik Gutshall (703) 276-0809
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**Please plan to join in the festivities at our
Annual Holiday Party!**

**Lyon Park Community Center
Friday, December 15th from 6:30 to 8:30 PM**

Mark your calendars now before they fill up with all those seasonal plans! Enjoy live music, treats and crafts with your friends and neighbors at our annual children's holiday party.

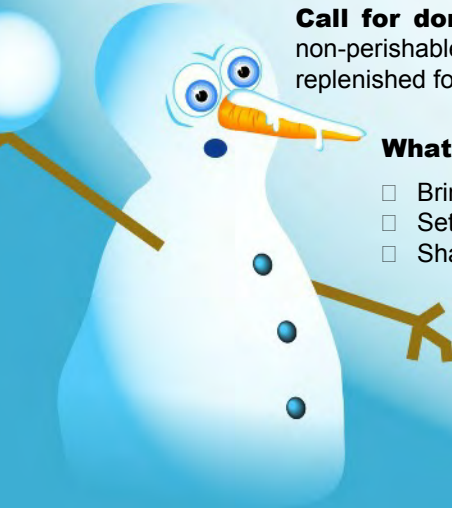
This magical evening for our young children will also include a special visit from a nice, jolly man in a red suit (don't forget your cameras!). The festivities will begin promptly at 6:30 PM. Arrive a few minutes early, so that each child can say a personal hello to Santa Claus and Mrs. Claus.

Call for donations: As we did last year, we are also asking that you bring a canned or non-perishable food donation to help keep the Arlington Food Assistance Center (AFAC) replenished for families in need.

What can you do to help?

- ☐ Bring a treat - cookies or other dessert, a healthy snack, or drink to share.
- ☐ Set up and clean up - come early or stay late to assist.
- ☐ Share your family's holiday traditions and treats!

Please contact Erin Mascarella at emascarella@gmail.com or (301) 520-0635 if you can help organize or contribute to this event.



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Pancake Breakfast

Saturday January 27, 2018

Pancakes will be served
from 8 - 10:30 AM

Coffee and coffee cake will be served
from 10 - 11 AM



Please contact Margaret Fibel at mfibel1002@gmail.com if you are interested in helping in the kitchen, with set-up, or with clean-up.

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Please Pay Your LPCA Dues!

\$10/year, \$20/two years, \$250 for life

Please complete this form (Hint: use a return address label!) and mail it with your check to:

LPCA Membership, P.O. Box 100191, Arlington, VA 22201

Name _____
Address _____
Preferred phone _____
E-mail _____

May we add you to the community listsevr? ☐ Yes ☐ No

Community Volunteer Interests (Check all that apply):

- ☐ Neighborhood Conservation
- ☐ Community Center and Park
- ☐ Development issues
- ☐ Social Events (Holiday Party, Halloween)
- ☐ Homes and Gardens Tour
- ☐ Spring Fair
- ☐ Traffic issues
- ☐ Newsletter
- ☐ Trees/Conservation
- ☐ All-purpose volunteer

Last Chance Holiday Bazaar

Saturday Dec. 16, 2017
9:30 am - 1:30 pm

A unique shopping opportunity hosted by
local artists, crafters, and entrepreneurs

Lyon PARK Community Center
414 N Fillmore St
Arlington, VA 22201
Please note the new location



- Bring a new/gently used dog coat for dogs in rural area shelters
- Friends of Russell County Virginia Animal Shelter in Lebanon VA and MAMAS (Mary Ann Morris Animal Society) Animal Shelter in Bamberg SC will receive dog coats
- The greatest need: coats for dogs weighing 40-60 lbs

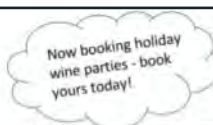
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Not-just-for-Woman's Club:

Thursday December 21, 12 noon at the
Lyon Park community house. Potluck
lunch. Bring a dish to share, a friend
or two, and a small gift to
exchange.

Hope to see many new faces!!!



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Save the Date:

- **Lyon Park Civic Association meeting, January 10, 7 PM**
- **2nd and 4th Sundays, 2 PM to 6 PM: Capital Area Bluegrass and Old-Time Music Association.**
Come join in or just sit and listen!
- **Lyon Park not-just-for-Woman's Club potluck lunch.**
Thursday, November 21, noon.
Hope to see many new faces!



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web: www.Kinderhaus.com
(for news and events)

email: kinderhaus@comcast.net

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Food scraps drop-off is open!

This service, rolled out in August as a pilot program to address increasing interest from residents to manage food disposal through a more environmentally conscious process, is now available to all Arlington County residents. Food scraps that are collected will be processed at the Earth Products Recycling Yard using an in-vessel composter. The resulting compost product will be made available to the Department of Parks and Recreation for landscaping projects in public spaces and to amend topsoil in County projects.

Acceptable Materials

Please place loose items or those contained in paper bags in the green organics carts. No plastic bags.

The site accepts the following foods:

- Fruits
- Vegetables
- Food soiled paper (paper towels, napkins and paper plates)
- Coffee grounds, filters and tea bags
- Breads, grains and pasta
- Meat and seafood (including bones)
- Plate scrapings

Hours of Operation

Drop-off between 7:30 AM–3:00 PM weekdays

Location

Earth Products Recycling Yard
4300 29th St. South
Arlington, VA 22206.

Food scraps will be collected in two green, organics carts located at the bottom of the scale house. The scale house is located at the top of the Trades Center hill to the right. Please see the scale operator after parking your vehicle for assistance with disposing of your food scraps.

For questions or more information, contact the Customer Service Call Center at 703-228-6570.

Holiday Service Schedule Reminders

- NO trash and recycling services on Monday, December 25 and Monday, January 1.
- Trash and recycling collections will be delayed one day for the rest of the week.

Christmas Tree Collection and Recycling: January 2 through January 12

- Please Christmas trees at the curb (without a bag) on your regular collection day. Trees are ground into mulch; please remove lights, decorations and stand.
- Regular brush collection is not available during these dates. For collection after January 12, please prepare the Christmas tree for yard waste collection.
- Schedule brush collection for trees taller than 8 feet.

Traveling? Watching for a Check?

Consider USPS Informed Delivery

Informed Delivery is a Post Office service that gives eligible residential consumers the ability to see a daily digital preview of their household's mail. Eligibility for Informed Delivery is dependent on your current registered address and verifying your identity online.

Informed Delivery provides digital images of the exterior of your letter mail each day via email or through an Informed Delivery dashboard. To provide you with these images, Informed Delivery links your physical mailing address with your email address that you have submitted through your usps.com account. Register here:
<https://informedelivery.usps.com/box/pages/intro/start.action>

www.lyonpark.org • December 2017



Christmas Tree & Wreath Sale to Fight Hunger

Clarendon United Methodist Church parking lot
606 N. Irving Street, Arlington, VA 22201

Dates:

November 25 through
December 10

Hours:

Sunday 12-6 pm
Saturday 11-7 pm
Monday-Friday 6-9 pm

Cash or check payment only

More info found at www.clarendonumc.org

Proceeds from 1 tree provide 5 children with backpacks full of food for the weekend, or 12 homeless Arlington residents with a hot meal

Proceeds from 1 wreath give 35 emergency meals to victims of natural disasters worldwide



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Advertise in The Lyon Park Citizen

The Lyon Park Citizen is hand delivered to 1,900 homes around the 10th of the month from September through June (10 issues), with artwork and copy due the 20th of the previous month. These are our advertising rates:

Ad size	Measures (in inches)...	Cost
Business card	3.5 by 2.3	\$85/month color \$59/month B&W
Quarter page	3.5 by 4.5	\$130/month color \$89/month B&W
Half page	7.5 by 4.5	\$210/month color \$149/month B&W
Full page	7.5 by 9.5	\$350/month color \$249/month B&W
Full page free-standing insert	8.5 by 11	\$400/month color \$350/month B&W

We offer a 5% discount for residents who have paid their LPCA dues, and an additional 10% discount for advertisers who commit to three or more months in a row. A designer will draft artwork for an extra 10% charge. Contact lyonparkeditor@gmail.com to reserve space.

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cremation garden. For a tour of Columbia Gardens, or simply to discuss your ideas, contact Daun Thomas Frankland (great-granddaughter of the founder).



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Community House Rental Rates

Lyon Park and Ashton Heights residents are eligible for resident rates, but cannot sponsor non-resident events.

Monday – Thursday (8 AM–5 PM, 4 hour minimum)

<50 guests, \$35/hour resident; \$100/hour non-resident

>50 guests, \$70/hour resident; \$100/hour non-resident

Monday – Thursday evening (6–10 PM)

<50 guests, \$35/hour resident; \$100/hour non-resident

>50 guests, \$70/hour resident; \$100/hour non-resident

Friday, Saturday, Sunday, Holidays

HALF DAY (8 AM–2:30 PM or 3:30–10 PM):

\$350 resident; \$900 non-resident

WHOLE DAY (8 AM–10 PM):

\$600 resident; \$1,600 non-resident

Children's Birthday Rates for children 10 and under, maximum 40 attendees, booked <2 months in advance:

Two time slots (8:30–11:30 AM) OR (12–3 PM) – Includes set up and clean up. If your party lasts longer than 3 hours, please rent at the half-day rates above.

\$150 resident; \$400 non-resident

Grounds preservation fees:

- \$30/inflatable (can only be rented from Arlington TEAM)
- \$100/floored tent, \$30/pole tent
- \$30 grounds fee for ponies and petting zoos

Use of inflatables and/or tents must be approved in advance and specified in rental contract.

A security deposit is required for all rentals.

MAKE A RESERVATION TODAY!

Check online calendar for availability and complete the online reservation form at www.lyonpark.info



Find news and more pictures on Facebook at <https://www.facebook.com/lyonparkcommunitycenter>



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The One-Two-Three of the 2017 LPCC

In a whirlwind of a month, the Lyon Park Community Center (LPCC) ends the calendar year with a flurry of activity. Let's look at three focal points:

One, the park's trees have been groomed for the holidays, and our giant, exquisite windows now have custom-made storm windows. We thank Bill Anhut, Rich Robinson, and Chuck Phillips for their work on these projects.

Two, we've made significant progress toward paying off our construction loan. We'll repay this debt by December 2020 if we continue on current trajectory. That's remarkable progress. Thank YOU for your support.

Three, our listserv-based, end-of-the year charitable giving campaign has started. We use a campaign modeled loosely—very loosely and with tongue in cheek—after NPR's biannual blitzes. Neighbors' matching funds and giving incentives encourage donations. For example, on December 15, we'll offer a like-new, turquoise Public Bike city bicycle (pictured above) that's only been ridden twice and comes with a new Nantucket basket. In addition, we'll offer a number of neighbor favorites. See page 1 for directions on joining the listserv. We'll also post some of the giving incentives on Facebook (<https://www.facebook.com/lyonparkcommunitycenter>).

A final and much more personal word: Although I have done a fair amount of fundraising in my life, I dread this role. I acknowledge that someone has to do it, and sometimes it falls to leadership. Still, I shudder just thinking about it. I don't want to be intrusive, entitled, demanding, or unreasonable. The whole idea of "legacy giving" makes me nuts (although I have named LPCC in my own will). Because of that, I try to use a light touch and engage others to help as much as possible. Three things have made fundraising for LPCC if not a pleasure (although selling a pot of chicken gizzards for \$50 is seriously fun), then less onerous than other fund-raising tasks: the community's vision, the community itself, and individual neighbors. Lyon Park and Ashton Heights people are just absolutely the best.

Joy, serenity and prosperity in the New Year to you on behalf of the Board of Governors,

Jeannette Wick



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The children of Lyon Park and Ashton Heights thank
JOHN ERIC REAL ESTATE (johneric.com)
for their generous donation of treats for the 2017 Holiday party.

Delicious!

Margaret Dean



Reichl was the restaurant critic for The Los Angeles Times, then The New York Times and, later, editor-in-chief of Gourmet Magazine, so she knows food and taste buds, like when ripe, glistening vanilla beans are “supple, plump and purple.”

While Reichl has changed some key elements of Delicious!, this novel, especially the first half, seriously flirts with becoming autobiographical: losing her job at Delicious!, New York’s premiere food magazine; family stresses; love of tantalizing food language all parallel her own life. They all evoke Reichl’s earlier autobiographical accounts, starting with her first book, Tender at the Bone.

The language used to describe food is absolutely scrumptious, with “rustic ceramic cups of green tea” blending with “the scent of soy sauce, dried shrimp and garlic” (76) or gingerbread cake enlivened by orange zest and fresh ginger and black pepper and cloves and cardamom. The text is just as light and laughable as it can be, if somewhat improbable.

Essentially the narrative describes Billie Breslin’s efforts to establish herself in NY’s culinary scene, identify and then locate the then 11-year old who had a secret World War II food correspondence with world famous chef, James Beard, repair the rift with her family, and find true love.

While some critics have labeled Reichl’s first venture into fiction as contrived, sentimental, unrealistic, if amiable enough, I rather liked losing myself in a fictional world where love (all kinds of love: love of family, love of food, love of friends, love of a mystery, romantic love) is clearly going to triumph. While a long book Delicious! is a quick read, easily digestible. Share with tea time scones.

Delicious! By Ruth Reichl. Random House, NY, NY. 2014. ISBN: 978-0-8129-8202-2. Paperback, 380 pages.

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Dieter and Dog Danger Zone: Halloween through New Years

Human dieters approach the weeks between Halloween and New Year's Day with dread because there's an endless parade of candy bowls, appetizer platters, and holiday treats that undermine weight loss efforts. Many of these treats also tempt pets. Here's a fact that every pet owner needs to know:

**50% of all animal poisonings occur
between Halloween and New Year's Day.**

Safety Call's Pet Poison Helpline (1-800-213-6680) provided this statistic to us based on the number of calls they received over the past few years. In the statistic is reliable—on average, they receive 1.3 million calls every year concerning animals that have ingested potential poisons. While some of these calls pertain to farm animals, the vast majority come from owners of cats and dogs.

Cats are notoriously finicky, but from time to time they consume things they shouldn't. Every cat owner should be aware of one substance that is toxic to cats: acetaminophen, or Tylenol. Cats that eat acetaminophen become ill, developing a problem called methemoglobinemia, a blood disorder, and then liver failure extremely quickly (often within hours). Their poor little faces swell, and this is a serious medical emergency.

The Pet Poison Helpline says that lately, garbage disposal cleaner/deodorizer balls are on their radar. Cats love them, and have even been known to pull them out of the garbage disposal! When cats chew on these balls, they burst. The lemon scented types contain concentrated citrus oil (d-limonene) which is toxic to cats. Orange and lavender varieties can be less toxic, but natural cleaners like a tablespoon of baking soda followed by a cup of vinegar are smarter.

Dogs are a different story due to the fact that they are indiscriminate about what they eat; usually larger than cats; and metabolize things differently. The Pet Poison Helpline reports that the top three items about which they receive calls are chocolate, insect bait stations, and rodenticides (i.e. mouse and rat poison). When dogs eat chocolate, their symptoms will depend on dogs size and the amount of chocolate consumed. You can check online at http://www.askavetquestion.com/chocolate_toxicity.php to determine if they need to worry and dash to the vet.

Insect bait stations contain a sweet insect attractant. The scent attracts pets, too, and they may shred or swallow them to get to the sweet part. The concentration of insecticide in most household ant or roach traps is very small and likely to cause only mild stomach irritation in pets. The plastic housing is more dangerous than the bait inside. If dogs shred or swallow the bait trap whole, sharp plastic can rip or obstruct the gut. The best bet is to use these traps only in areas where dogs cannot reach.



© Can Stock Photo / Infadel

Dogs also tend to eat fertilizer, xylitol containing products, ibuprofen, acetaminophen, silica gel packs, amphetamines (i.e. medicine for attention deficit disorder), and household cleaners. Among these the most dangerous are xylitol containing products, ibuprofen, and acetaminophen. Xylitol is a sugar substitute found in foods, chewing gum, breath mints, and all kinds of medicines. It's extremely toxic to dogs, causing profound low blood sugar within 10 to 30 minutes and eventually cause liver failure.

Drugs that contain xylitol include Neurontin, Abilify, Allegra, Mobic, RioMet, clonazepam and many others. Icebreakers Ice Cubes gum, Nicorette gum, Beano, Mentos, resveratrol tablets, and energy drinks also contain xylitol. It's also a common additive for deodorants, makeup removers, shaving cream, and baby wipes.

In dogs that consume acetaminophen, toxicity is slower than in cats and liver failure generally comes before methemoglobinemia. Dog owners should store any painkillers carefully, as dogs cannot take many of the human painkillers including ibuprofen (Advil, Motrin), naproxen (Aleve, Naprosyn), or similar drugs. They develop ulcers from these drugs very quickly.

Finally, rodenticides often contain blood thinners. Dogs and cats may eat rodenticides (or mice or rats that have eaten the poison and died), and may develop a bleeding. If you have a rodent problem, it's best to trap rather than poison if you have pets.

Unlike the Human Poison Control Hotline, the Pet Poison Helpline is not free. When you call, you need to have your credit card available so that they can charge \$59. Please note that this fee covers not only the first call, but any additional calls from you or your veterinarian for the problem.



December 2020! That's when Treasurer Bill Anhut says we will finish paying the line of credit used in the renovation of the Lyon Park Community House. WOW, it's only 3 years from now!

I've written my check for my 2017 donation and I've signed a pledge to contribute through 2020. Please join me! I'm not rich and I'm living on a fixed income, but here's my secret: I include my LPCH donation in my yearly budget. Here's what I do:

- 1. Charitable Contribution** – I took Elizabeth Sheehey's advice a couple of years ago and made the LPCH renovation fund one of my major contributions.
- 2. Vacation** – My neighbors kindly look after my house while I'm away. They water my plants, take in my mail, and check for problems in bad weather. To thank them I make an extra contribution to the LPCH renovation fund. They know I make this contribution, and when I remember to ask the LPCC sends a creative acknowledgement to them. I include the cost in my vacation budget.
- 3. Other** – I didn't include this in my 2017 budget, so I have to wait to add it as a new category for next year. During 2018 I intend to make an additional contribution to the LPCH renovation fund in memory of Michael O'Connor. He did so much for Lyon Park.

I encourage you to donate to the LPCH renovation fund in 2017, and to budget a more generous donation for 2018!

- Margaret Fibel

PLEDGE FORM: THE LYON PARK COMMUNITY HOUSE RENOVATION FUND

Please Mail Pledge Form and Payment Information to:
Lyon Park Community Center P.O. Box 100191 Arlington VA 22201

I Hereby Pledge \$_____ to the Lyon Park Community House's Renovation Fund.

PAYMENT SCHEDULE - I will make my payments according to the following schedule:

- ☐ In one payment, given in full by _____ (date)
- ☐ In multiple payments of \$_____ per _____ (month or year) starting _____. For monthly automated bank withdrawals, please debit account this day _____

PAYMENT METHOD - I will make payments according to the following method:

- ☐ Personal Check - Payable to Lyon Park Community Center
- ☐ Automated Clearing House (ACH) - Please provide a voided check.
- ☐ Credit Card/PayPal - please complete this pledge form and then go to www.lyonpark.info/donations.html to complete donation
- ☐ My company makes matching gifts - I have enclosed the relevant forms.
- ☐ I wish to donate equities; please contact me to coordinate details

CONDITIONS OF GIFT:

By signing below, I authorize the Lyon Park Community Center (LPCC), a 501(c)3 corporation, to initiate debit entries to my checking account, if that payment method was selected, according to LPCC policies and procedures. No goods or services are to be provided in return for this gift.

Signed: _____ Date: _____
Full Name: _____ Phone: _____
Address: _____ E-mail: _____
City State Zip: _____

'Tis the season for parties...
How will you be entertaining this year?



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