

THE MANOR MONITOR

October 2008

A Monthly Publication of The Vint Hill Manor Homeowners Association

www.VintHillManor.org

Board of Directors' Monthly Meetings

The September meeting of the Board of Directors (BOD) of the Homeowners Association (HOA) was held on Tuesday, the 2nd, at 7PM, in the Conservancy Conference Room at 4263 Aiken Drive. The regular, monthly BOD meetings are open and all members are invited to attend.

At the beginning of each monthly meeting, there is an opportunity for members to make comments and/or present questions for the BOD's consideration, as well as advise concerns, or offer ideas. Minutes of the previous meeting, as well as current financial statements, are made available to all attendees. Significant items addressed at the meeting are covered in this newsletter.

Political Signage

As the political campaigns heat up and the election draws near, some homeowners may want to put signs on their property promoting their candidate(s). The BOD is requesting everyone to please be considerate of their neighbors, and the overall appearance of the community, and employ a certain degree of decorum and restraint relative to the size and number of such signs. Also, as a reminder, county regulations require these kinds of signs to be removed within 15 days after the announced results of the election. Thank you in advance for your cooperation and compliance, and please remember to. . .

GET OUT AND VOTE!!! or request an absentee ballot.



HOA Officer Position Vacancy

It was announced at the September BOD meeting that Kathryn Brettle had submitted her resignation from the HOA Secretary position. The HOA officer positions are one year terms. The BOD is looking to appoint someone to complete the remaining six months of this term.

Please contact any member of the BOD or ARMI by Friday, October 3, 2008 to advise of your interest in being considered for this position.

The main requirement for this position is to attend each BOD meeting, record the proceedings, prepare draft minutes of the meeting and distribute them via e-mail to the BOD members for any editing necessary and to ARMI for reproduction for distribution at the next meeting.

Official Notification of Special Meeting

Recently, ARMI mailed to each member household, an official notification of the Special Meeting that will be held on Wednesday, October 15, 2008, at 7PM in the cafeteria of the new Greenville Elementary School just off Rogues Road.

The purpose of the meeting is to provide the membership an opportunity to vote on a number of proposed changes to our HOA governing documents. The mailing from ARMI contained a cover letter providing detailed information about the meeting, copies of all the proposed changes to give each member an opportunity to familiarize themselves with what changes are being proposed, and a proxy form.

To get to the meeting site, make a right from Cray Drive onto Rogues Road. At the first (and only) traffic light, make a left turn. Greenville Elementary School is the last building on the right. Be aware that it is a considerable distance down the road past the high school to get to the elementary school.

Registration will start at 6:30PM

If, for some reason, you did not receive the aforementioned mailing from ARMI, you can contact them at 540-347-1901 to request a replacement.

Manor Monitor

Editor: Tom Daily

Layout and Graphics: Bob McCorahy

Architectural Review Committee (ARC)

Stan Manvell, ARC Chair, advised that the committee had reviewed applications from 6 homeowners encompassing a total of 10 individual requests during the month of July.

At this time, there remain 13 lots with a total of 20 un-submitted modifications. The majority of these modifications have to do with Landscaping and Satellite Dishes.

Mr. Manvell provided the BOD the results of the committee's review of the ARC documents, which contained recommendations for some changes to the sections concerning flags, fences, and decks/patios. A decision was made to further explore the proposed changes, in a workgroup environment with BOD members and Mr. Manvell, to enable the BOD to make more informed decisions on each recommendation. Final action is anticipated to be taken on the recommendations at the October BOD meeting.

The ARC meetings are held on the last Tuesday of the month and, like BOD meetings, are open to the members of the community. The next ARC meeting is scheduled for September 30, 2008, at 7PM, at Mr. Manvell's residence, 3587 Osborne Drive.

The ARC is always more than ready and willing to meet with any homeowner to provide guidance and/or assistance with the necessary application(s) which are required for exterior modifications to our properties.

Planning some changes? Give Stan a call at 341-2886.

Vint Hill Manor Homeowners' Association Board of Directors' Meeting Agenda October 7, 2008

1. Call to Order
2. Membership Comment Period
3. Minutes of Previous BOD Meeting
4. Financial/Treasurer's Report
 - a. 2009 Budget Workgroup Recommendations
5. Committee Reports
 - a. Architectural Review and Covenants
 - 1) ARC Design Standards Recommendations
 - b. Chartering Documents Review
 - 1) Bylaw Changes
 - 2) Special Membership Meeting
 - c. Communications
 - d. Grounds
 - 1) Landscaping Around Raised Manholes
 - 2) Tree Removal Cleanup
 - e. Program
6. Unfinished Business
 - a. HOA Secretary Position
 - b. Pond Algae
7. New Business
8. Adjournment

VIP Senior Gold Card

This card is available to any Fauquier County senior citizen age 60 and older, and serves as a free admission ticket to almost any Fauquier County Public School (FCPS) event that charges admission. This benefit is an expression of gratitude for the contribution senior citizens make to the Fauquier community.

Application for the card may be made in person at any high school in the county. A driver's license is required for ID

Contact FCPS at 540-351-1000 for more information.

ARMI

The Austin Realty Management and Investment Company (ARMI), as part of its service under contract to the Vint Hill Manor HOA, is positioned to serve as a liaison between the community and the BOD and/or the ARC members. Fred Austin, owner of ARMI, advises that direct contact with his company results in all BOD and ARC members, as the case may dictate, being advised.

ARMI's address, where our monthly HOA assessments are sent, as well, is:

PO Box 3413, Warrenton, VA 20188. Phone: 540-347-1901, Fax: 540-347-1900

Website: www.ARMIVA.com.

Stress and the Adrenal Glands

Usually people associate stress with negative events like financial worries or illness; however, even positive events, like a birthday or vacation, can cause a stress response in the body. It's the adrenal glands that respond and manage the body's stress hormones. Over time, stress can affect the adrenal system's ability to function, which can lead to heightened stress, dampened moods, and drained energy. But, there are things that can be done to keep the adrenal glands healthy and strong:

Watch the Diet – Diets high in sugar, alcohol, caffeine, and/or artificial and heavily preserved foods will eventually weaken the adrenal glands.

Eat Smaller, More Frequent Meals – Instead of loading your body with three large meals, eat six smaller meals a day, which provide a steady supply of nourishment and energy.

Practice Relaxation Techniques When it comes to reducing stress, each individual should do what works best for him/her, such as meditating, doing yoga, praying or exercising.

Get Plenty of Rest – This is as important to the body as food and water. An organized routine that provides adequate rest balanced with sufficient exercise can do wonders for the adrenal glands.

Finally – no matter what else is done – it is important to try to keep a sense of humor. Tell a favorite joke, watch a good comedy, and always try to remember that laughter really is the best medicine.

Source: Health Dispatch from Dr Davis Williams, September 08, 2008

THE LISTENING POST



As always, your thoughts are welcome for this column.

What's the Status of Our Local Post Office?

With the USPS facing a projected loss of \$1 billion for this year, the Northern Virginia Regional Manager had planned to close the Vint Hill facility two days a week (as reported in last month's newsletter) as well as reduce hours at 45 other postal locations.

As a result of the outpouring of support (150 letters and many phone calls) for the highly rated Vint Hill facility, the Regional Manager has reconsidered the initial plan and has decided to

keep it open five days a week; but at reduced hours – 10AM to 3PM – effective October 4, 2008. Thank you for your support!!!

Staffing will be with part-time employees; therefore, unfortunately, our resident postal clerk, Brett Lawler, who has been an integral part of our Vint Hill community, will be transferring to a full time assignment at the downtown Warrenton Post Office. He will be missed!!!

(Might be nice to drop by before Friday, to say, "goodbye", and to wish him well.)

Easy Food Changes for Big Health Benefits

It is reported that the human body actually craves fruits and vegetables. This dates back to the dawn of civilization when these wholesome foods were a staple of human life. In today's world, where there is an abundance of processed foods and fast food junk available everywhere, it is no wonder so many people are unhealthy and struggling to improve the quality of their lives. It is not easy to eat healthy every day, for every meal, or every snack; but, one simple change that can pay significant dividends is to eat more fruits and vegetables.

Fruits and vegetables contain an abundant amount of healthy phytonutrients that help boost the immune system and promote a healthy heart, joints, and cells. Other benefits include increased energy and detoxification of the body. Most fruits and vegetables also contain carotenoids – powerful antioxidants that protect the body from free radicals, which are the leading cause of aging.

Bananas and potatoes are the number-one fruits and vegetables eaten in this country today, and, while they are both good foods, they're very low in carotenoids and flavonoids – they simply lack nutritional power. When adding fruits and vegetables to one's diet, add the ones that give the biggest return on the investment, so to speak. Some of the least-eaten foods, like broccoli, kale, and spinach, offer the most in healthy benefits, including promoting healthy cells and strong immunity. And they contain natural detoxifiers that help support the liver's cleansing process. Cabbage can be called a 'miracle' vegetable in that it contains dozens of beneficial compounds and enzymes. It can boost immunity, clear up digestive issues, and fight bacterial pathogens in the stomach. Cabbage also is one of the least expensive, readily available foods to be found. It can be eaten raw, cooked, as a juice, or in a fermented form.

Regarding fruits, adding more of the dark purple family of fruits is recommended, such as blueberries, blackberries, and red grapes. These fruits provide particularly high levels of antioxidant power to fight free radicals. Dates, apples and raisins also are good choices, especially for their fiber and digestive benefits.

Whenever possible, it is suggested to choose organic to avoid possible contamination by trace (or more) amounts of pesticides and other toxins.

It can be, at times, for some people, a real challenge to eat lots of fruits and vegetables every day, organic or not. One delicious trick is to eat 'bars' – not the sugary ones that call themselves healthy; rather the nutrition bars packed with potent fruits, vegetables, and even grains.

For those people who can't stomach a lot of produce each day, juicing vegetables is a great option that delivers the powerful nutrients in vegetables without putting stress on the digestive system. Fresh vegetable juice plays a role in helping certain health conditions as well as providing a great energy and immune boost. There's nothing as delicious as pure, fresh juice. The wonderful aromas and real flavors are better than store-bought juices that contain preservatives, unhealthy refined sugars, and water.

Below are some easy favorites:

- * Carrot Juice – the powerhouse of all juices – supports a healthy heart and digestive system.
- * Celery-Apple Juice – helps relieve achiness and promote restful sleep.
- * Cucumber Juice – a great natural diuretic – also helps promote healthy hair and nails.

Bon Appetit!

Source: Health Dispatch from Dr David Williams, September 08, 2008

Reading Buddies at the Greenville Elementary School

The principal of the Greenville Elementary School (where we are having our Special Membership Meeting), Ms Margaret (Margie) Riley, has advised that they are looking for volunteers to be Reading Buddies. This program is considered a vital part of the reading activities at the school. A Reading Buddy is paired with an assigned student for year-long reading enjoyment. Working with an easy-to-follow plan that is individualized for each student, the Reading Buddy is asked to donate just 45 minutes a week at a regular meeting time that fits both the volunteer's and the student's schedule.

Countering Arthritis of the Knees and Hands

To help keep knees and hands free of arthritis, it is recommended to have a small salad before each meal. The vitamin K in leafy greens – think cabbage, spinach, and swiss chard, for starters – could help reduce the risk of joint damage.

In a study of older adults (a group to which most of us can relate), those with higher blood levels of vitamin K were significantly less likely to develop the bone spurs and cartilage damage that are common in painful osteoarthritis. Hands seem to benefit most; but, people's knees got some protection, too.

A word of caution – people on blood thinners are advised to check with their doctors about appropriate K intake. Vitamin K supplements should not be necessary if people eat their greens – especially dark ones. If leafy greens are not that appealing, broccoli and asparagus make tasty alternatives.

The risk of arthritis also can be reduced by losing excess weight!

Regarding knees, bad habits could be quietly destroying this important joint. An enormous amount of mechanical strain is put on the knees, and, typically, the knees are designed to take it. However, certain bad habits could shorten the life of the knees and open the door to chronic pain and disability.

This Arthritis article will be continued, space permitting, next month.

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Director	Don Simmons	540-341-4117
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HOA Secretary	Vacant	

COMMITTEES

Architectural Review	Stan Manvell	540 341-2886
Chartering Documents	Frank Fuerst	540-341-1473
Communications	Tom Daily	540-341-7606
Grounds	Don Simmons	540-341-4117
Programs.....	Frank Fuerst	540-341-1473

ADMINISTRATIVE MANAGEMENT

AUSTIN REALTY MANAGEMENT & INVESTMENTS, INC		
President	FRED AUSTIN	540-347-1901
Assistant	JUDY PECORA	540-347-1901

Anyone interested in volunteering for this worthwhile program, or who would like additional information, can contact Ms. Stacey Babish at 540-349-8925 or send an e-mail to sbabish@fcps1.org. The information required is as follows: Name; Day/Time Preferred; Daytime Phone Number; Email Address (if you have one). Following submission of the aforementioned information, potential volunteers will be contacted for details and to schedule training.