

THE MANOR MONITOR

November 2008

A Monthly Publication of The Vint Hill Manor Homeowners Association

www.VintHillManor.org

Board of Directors' Monthly Meetings

The October meeting of the Board of Directors (BOD) of the Homeowners Association (HOA) was held on Tuesday, the 7th, 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.

Vint Hill Conservancy Annual Meeting

The annual meeting of the Vint Hill Conservancy, Inc., is scheduled to be held from 7PM to 8:30PM on Wednesday, November 12, 2008, at The Inn at Vint Hill. All members of the Conservancy, which includes

the private owners of commercial buildings and homeowners in the Vint Hill HOA and the Vint Hill Manor HOA, are invited. Questions are requested to be submitted in writing to the Conservancy no later than 5PM on Wednesday, November 5, 2008. An Official Notice will be sent to each homeowner.

Proposed Changes to Governing Documents Approved

On October 15, 2008, as advertised, a special membership meeting was held in the cafeteria of the new Greenville Elementary School to vote on the proposed changes to our HOA governing documents that were provided to each homeowner by ARMI. Frank Fuerst gave a basic review of each proposed change and the attendees were able to ask questions and/or make statements. All of the proposed changes were approved and will be incorporated into the governing documents.

Volunteer Needed to Take Minutes

For the upcoming November BOD meeting on Tuesday, November 4th, the BOD seeks a volunteer to informally record the proceedings, and then turn the record over to a BOD member (to be designated) for conversion into the official minutes. This is a "no strings attached" request, i.e., it will NOT require the volunteer to take the HOA position of Secretary. **Please contact any member of the BOD or ARMI by Monday, November 3, 2008, to advise your willingness to help the BOD for the meeting on the 4th.**

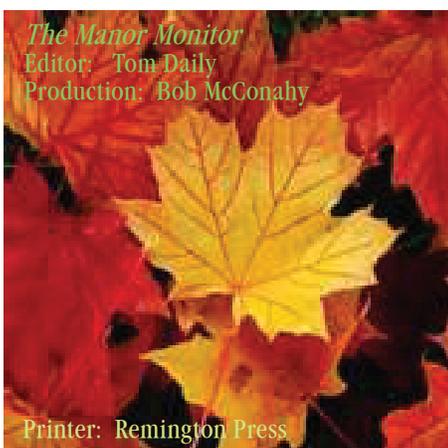
Architectural Review Committee (ARC)

Stan Manvell, ARC Chair, advised that the committee had reviewed applications from 7 homeowners encompassing a total of 11 individual requests during the month of September. The ARC is to be congratulated for the progress it is



making in reducing the outstanding non-compliance numbers. At this time, the count is down to 9 lots with a total of 17 undocumented modifications. The majority of these modifications have to do with Landscaping (5) and Satellite Dishes (7). 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 homes. In a spirit of cooperation, please help



the ARC reach its goal of complete compliance!

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

BOD Approves ARC Recommended Changes

As reported in last month's *Manor Monitor*, the ARC had submitted to the BOD some recommendations for changes relating to the sections concerning flags, fences, and decks/ patios. Subsequent to the BOD meeting, the proposed changes were examined in depth in a workgroup environment with BOD members and the ARC Chair, Mr. Manvel. As a result, with just a few administrative adjustments, the proposed changes were reintroduced at the October BOD meeting and the motion to accept and incorporate them was passed unanimously.

Copies of these changes will be provided to all homeowners.

Speaking of Flags

Each home in the community either had an American flag donated by the builder, or had the opportunity to get one. A couple of years have passed now and some of these flags are beginning to look a bit faded and frayed. Our nation's flag is precious and deserving of honor and respect. If you have one and are still flying it every day, please take a look to see if it may be time to replace it with a new one with bright and vibrant colors.

Also, please check the angle at which the flag is flying. Over the years, as a result of the wind whipping the flags around, a number of the holders, which in most cases were not necessarily the best quality, may have been bent, thereby allowing the flag to dip and fly lower than originally intended.

A web site dealing with the

**Vint Hill Manor Homeowners' Association
Board of Directors' Meeting Agenda
November 4, 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) Design Standards Change Notifications
 - b. Chartering Documents Review
 - 1) Bylaw Change Notifications
 - c. Communications
 - d. Grounds
 - 1) Landscaping Around Raised Manholes
 - e. Program
6. Unfinished Business
 - a. Volunteers for Office of HOA Secretary
 - b. Jurisdictional Control
 - c. Trash Pick-up Survey
7. New Business
8. Adjournment

American flag was checked and an e-mail sent to a "Flag and Banner" address to inquire about standards of height from the ground for flags being flown on the side of homes. Aside from the obvious, i.e., the flag should never touch the ground, there are no set guidelines on the distance from the ground a flag should be flown.

Take a look at your flag and use your own judgment. If the holder has been bent and it is allowing the flag to fly at more than a forty five degree angle, bend it back up to achieve a forty five or less angle. This provides for a better appearance and gets the lower tip of the flag up to approaching five feet from the ground.

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.

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!!!

VIP Senior Gold Card

This card is available to any Fauquier County 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 County community. Contact FCPS at 540-351-1000 for more information.

New Commercial Establishment at Vint Hill Announced

As part of the ongoing commercial development at Vint Hill, the Economic Development Authority (EDA) has announced the opening of **Vint Hill Cleaners**. Services include: dry cleaning and alterations; laundry; drapery cleaning; and shoe repair. There also is a 24 Hour Secured Drop Box with customer laundry bags available. The Hours of Operation are: 7:30AM to 6:00PM – Mon to Fri, and 8:00AM to 2:00PM – Sat. The firm is adjacent to the Post Office and located at 4257 Aiken Drive, Suite A. The phone number is 540-341-7272.

The EDA also provided a listing of some other businesses at

Vint Hill that are, perhaps, not as well known as, for example, The Inn at Vint Hill and the Post Office. They are:

- * **GRC Direct** - can handle all your printing needs
4169 Bludau Drive; 540-428-7000
- * **Allegro Community Music School** - senior classes for musical instruments and voice classes
4151 Weeks Drive; 540-349-5088
- * **Resole America** - shoe repair
7134 Lineweaver Road; 540-428-3620
- * **Turfscapes Lawn Care**
7793 Rogues Road; 540-428-1001
- * **PARS** - vehicle relocation
4150 Weeks Drive; 540-349-8471
- * **Walnut Grove Child Care Center** - daycare center
4238 Burroughs Drive; 540-347-0116
- * **Gaithersburg Cabinetry & Millwork** - custom cabinet makers
4338 Aiken Drive; 540-347-4551

Supporting these new and existing businesses is a way of helping to inspire further commercial development at Vint Hill.

Replacing London Plane Trees

Because of the ultimate large size that is reached by London Plane trees, including a very large and destructive root system, they are not a good tree for the small lots in our development. This is particularly true if they are placed near the home (foundation), driveway, sidewalks, water lines, power lines, cable lines, etc. K.Hovnanian ended up planting fewer London Plane trees than they had originally planned and some of those that were planted have already been removed. As an aid to those who will be removing any of the remaining London Plane trees, the HOA has investigated which types of trees could be suitable replacements.

There are many types of trees that would be good for our lots. These include various types of fruit trees that will not get very large such as cherry (particularly small leaf cherry), plum and pear. Avoid Bradford Pears and Sycamores, even the improved variety, because they can get too large. Many of the smaller maples, particularly Japanese maples are desirable.

Crepe myrtles are attractive plants and can be trimmed to tree shape and/or planted in clumps. Because local suppliers will have different strains of these trees, it would be good to discuss your needs with the supplier when purchasing trees, in particular providing information about the space available and the fact that the soil is clay/rock. Also, particularly for fruit trees, ask whether their strains are sensitive to any tree diseases common to this area.

The Architectural Review Committee (ARC) and its tree subcommittee are continuing their efforts to identify and recommend species of trees

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Director Don Simmons 540-341-4117
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HOA Secretary..... Vacant

COMMITTEES

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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
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as replacements for the existing trees; however, at this time, a listing has not yet been compiled. All tree replacements and/or additional trees planted in the community require approval by the ARC as called for in the association documents. We recommend that anyone who is considering removing one of the problem London Plane trees contact Stan Manvell of the ARC who will be pleased to help with the replacement selection.

Continuation of October Arthritis Article

Installment 2

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.

The way a person stands, walks, and moves can have a tremendous impact on the health of his/her knee joints. Taking the time to evaluate how they stand, what kind of shoes they wear, and their level of overall health and fitness may

help people side-step debilitating knee conditions like osteoarthritis and help keep their knees healthy inside and out.

Following are five questions people can ask themselves to find out if they are being “nice to their knees”:

1. How much weight am I carrying?

The knees bear the brunt of the weight of the body. It is crucial to maintain a healthy ‘body mass index’ (BMI). Every extra pound of body weight adds 3 pounds of pressure on knee joints when walking, and 10 pounds when running. If a person’s BMI is 25 or more, he/she may be compromising the health of his/her knees. The BMI is a calculation based upon one’s height, weight, and waist size. Gender also is factored in. Obesity is one of the biggest risk factors for developing osteoarthritis because it spreads the breakdown of cartilage. Dropping extra weight – particularly body fat – may be the single most important thing one can do to reduce the risk of developing a serious knee problem. In a study reviewed by the National Institutes of Health, overweight people who lost an average of 11 pounds cut their risk of osteoarthritis in half.

2. Am I exercising?

Regular exercise is essential to maintaining knee strength. Without it, muscles weaken leaving joints without ample support and leaving muscles, bones, tendons, ligaments, and joints vulnerable to misalignment. The best bet is to choose activities with a low risk of knee injury. Knee injuries can double the risk of developing osteoarthritis. Daily moderate exercise is much better for joints than occasional strenuous exercise. The focus should be on low-impact activities that build stamina, strength, and flexibility, such as yoga, walking, biking, swimming, and weight lifting. These types of exercise can help enhance circulation, improve one’s range of motion, and build the muscles that surround the knee joints. A goal of 30 minutes of exercise on most days of the week is recommended.

Water workouts provide low-impact resistance and add a strength-training aspect to aerobic exercises such as walking or jogging. Tai Chi can help increase range of motion, lengthen muscles, and make ligaments and tendons more resilient. Isometric exercises and yoga strengthen core body muscles as well as leg muscles that support the knee.

Installment 3 -- next month

One for the Porch, One for the Plate

Pumpkins make an incredibly rich and flavorful base for all sorts of soups, stews, and desserts. And, they are absolutely packed with blood-pressure-friendly nutrients. Think of pumpkins as ‘Halloween Help for Your Heart’. Pumpkin flesh is crammed full of phenols – a type of health-promoting antioxidant that’s found in many plant-based foods. Pumpkin phenols, however, may have particularly body-kind qualities. In cell studies, phenols from

THE LISTENING POST



As always, your thoughts are welcome for this column.

pumpkin flesh put a damper on the same enzyme that some blood pressure drugs target to reduce

vascular tension. In other words, the phenols in pumpkin may help keep blood vessels relaxed, which means better blood pressure and better heart health.

Save the Seeds – When you scoop out your pumpkin, save the seeds so you can roast them. They are rich in alpha-linolenic acid – a healthy fat that also helps protect blood vessels. If time is an issue, use canned pureed pumpkin. It’s precooked, tastes great, and is just as good for you. As an added benefit, cooking pumpkin seems to enhance its phenolic properties.

Source: RealAge Tips of the Week, 10/20-22/2008