

THE MANOR MONITOR

December 2008

A Monthly Publication of The Vint Hill Manor Homeowners Association

www.VintHillManor.org



Board of Directors' Monthly Meetings

The November meeting of the Board of Directors (BOD) of the Homeowners Association (HOA) was held on Tuesday, the 4th, 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 *The Manor Monitor* newsletter.

Secretary Position Filled

Action was taken at the BOD meeting to fill the HOA Secretary position vacated by Kathryn Brettle in September, 2008. Attempts, in the interim, to solicit candidates for this position were unsuccessful. The BOD felt that the posi-

tion should be filled without any further delay and looked among its members for someone to take the position. Tom Daily had advised, in advance of the meeting, that he would be willing to accept the responsibility if no other eligible BOD member would serve. At the meeting, Tom's name was submitted in nomination, seconded, and the motion passed unanimously.

It is hoped that a member of the community will volunteer to work with Tom – in an unofficial capacity – just to record the proceedings at meetings. It is important for all BOD members to be free to concentrate and focus their attention on matters being discussed.

The only requirement is a commitment to attend the monthly BOD and Annual Membership Meetings, record the proceedings, and provide a draft copy to Tom. As the HOA Secretary, Tom will be responsible for developing and providing the 'official' minutes.

If there is anyone willing to help in this regard, please contact Tom in advance of the next meeting (December 2, 2008) at 540-341-7606.

Changes to the HOA Governing Documents

As reported in the November, 2008 issue of *The Manor Monitor*, the changes proposed to the HOA Governing Documents were approved by the membership at the October

15, 2008, meeting at Greenville Elementary School. At the November BOD meeting, appropriate ratification letters were signed to make the approved changes official. One of the approved changes, as reported, required recording at the County Court House, and that was taken care of by Fred Austin (ARMI). ARMI also will be providing copies of these changes to each homeowner.

Vint Hill Conservancy Annual Meeting

The annual meeting of the Vint Hill Conservancy, Inc., was held 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, were invited.

The Conservancy organizational structure and the role that it plays in the development of Vint Hill were discussed and explained, as well as its interrelationship with the Vint Hill Economic Development Authority (VHEDA – or as sometimes shortened, EDA). There also were discussions on overall grounds maintenance matters and the jurisdictional control initiative being pursued by the Vint Hill HOA for the land bays in and around where their homes are located. It was emphasized that this would result in NO additional authority for



the Vint Hill HOA. Their main objective is to be able to do their own contracting, on their own timetable and budget, once a project is approved by the EDA/Conservancy.

The ongoing liaison program was acclaimed a success. The Conservancy expressed their appreciation for the open communication channels that have been established between them and the two HOAs. The liaison representatives from the two HOAs were on the agenda and expressed that feelings for appreciation of the program were mutual. Joel Haspel is the liaison representative for the Vint Hill HOA, and Frank Fuerst is the liaison representative for the Vint Hill Manor HOA.

Architectural Review Committee (ARC)

Stan Manvell, ARC Chair, advised that the committee had reviewed applications from 2 homeowners encompassing a total of 4 individual requests during the month of October. The ARC is to be congratulated for the progress it is making in reducing the outstanding noncompliance numbers. At this time, the count is holding steady at 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 usually 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 November 25, 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

Vint Hill Manor Homeowners' Association Board of Directors' Meeting Agenda December 2, 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
 - 2) London Plane Trees
 - b. Chartering Documents Review
 - 1) Bylaw Change Notifications
 - c. Communications
 - d. Grounds
 - e. Program
 - 1) Drivers' Ed Program
6. Unfinished Business
 - a. Volunteers for HOA Recording Secretary
 - b. Jurisdictional Control/Conservancy Annual Meeting
 - c. Trash Pick-up Survey
 - d. Annual Membership Meeting
7. New Business
 - a. Candidates for BOD
8. Adjournment

of Complete Compliance!

Planning some changes? – give Stan a call at 341-2886

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 month-

ly HOA assessments are sent, is: PO Box 3413, Warrenton, VA 20188. Phone: 540-347-1901, Fax: 540-347-1900

Website: www.ARMIVA.com.

Information Change for Commercial Establishment at Vint Hill

The information provided in the November issue of the Newsletter for Resole America is incorrect. They have moved to a new location; but, are still at Vint Hill. The new/correct address is 6876 Watson Court. The phone number, 540-428-3620, is still good; however, there is another number on their claim check, 1-888-349-7463,

which can be used, as well. It might be a good idea to call first to get directions.

Grounds Committee - General Information

As reported in the September, 2008 Manor Monitor, the formation of a Grounds Committee was approved at the August, 2008 BOD meeting. This committee is charged with managing the common grounds in Land Bay G surrounding our lots. The Committee Chair and main point-of-contact is Don Simmons. For common ground issues or information, please contact Don at 341-4117 or e-mail him at rocpm@comcast.net. Other members of this committee are: Smitty Allnut, Stephen Chronister, Tom Daily, Frank Fuerst, Irene Gomez, and Mark Melancon.

For matters concerning your home and lot, please continue to contact the ARC for information, and to request a review and approval of modifications that you are considering. Both committees will interact on items of mutual interest.

As noted in the September *Manor Monitor*, the purpose of the Grounds Committee is to:

1. Monitor the maintenance and management of the common ground within Land Bay G. The Committee shall regulate the appearance of common areas, ensuring that they are kept in clean, attractive and sanitary conditions, and in good order and repair. This includes turf maintenance, drainage facilities, erosion control and common landscaped areas maintained by either the Conservancy or the Vint Hill Manor HOA.

2. Make recommendations to the Vint Hill Manor HOA BOD and/or the Vint Hill EDA/Conservancy concerning maintenance issues or improvements to the common areas, including the main entrance and pocket parks, which would enhance the beauty of our

subdivision and improve property values.

3. Ensure effective coordination - the Grounds Committee is the Single Point of Contact between Vint Hill Manor homeowners, the Vint Hill Manor HOA, and the Vint Hill EDA/Conservancy on common grounds issues (dirt and grass).

The Committee is already moving forward on issues and ideas identified by homeowners and committee members. You can help! There are three ways you can have input on common grounds issues:

1) Serve on the Committee: This will enable you to directly help "get things done". **Call Don Simmons at 540-341-4117 or e-mail him at rocpm@comcast.net;**

2) Alert the Committee: The Committee would appreciate being advised of common grounds issues and concerns that you have identified, and will gladly consider new ideas that will improve management and maintenance, or that suggest new features for the common grounds;

3) Work with the Committee: Consider participating in small money-saving hands-on improvement and maintenance projects. Just contact the Committee and express your willingness to help. Thanks for your interest.

Contacts :

* **Common Grounds** - Don Simmons (540) 341-4117 or rocpm@comcast.net

* **Your Home and Lot** - Stan Manvell (540) 341-2886 or

Driver Safety Program

It has been more than a couple of years (September 2006) since we arranged to have an AARP Safe Driver Program conducted in our community. It was well received, and those of us who mailed the graduation certificate to our insurance companies are enjoying the 15% reduction in our premiums. Almost all insurance carriers honor this program because it has proven to be so effective in reducing accidents in cars driven by those in

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CONTACT INFORMATION

Chair BOD, HOA Pres.	Don Brettle.....	540 428-2782
Director, HOA Vice-Pres.....	Tom Daily.....	540-341-7606
Director, HOA Treasurer	Frank Fuerst	540-341-1473
Director	Don Simmons.....	540-341-4117
Director	Mark Melancon.....	540-341-4177
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

our age group. It includes strong emphasis on defensive awareness and it provides some things to recognize in our driving that affect our reaction times to potential problems. The certificate is only good for three years, so it may be time to renew the training. The course is classroom instruction only and does not involve any behind-the-wheel time. The topic is scheduled to be discussed at the December BOD meeting. In the interim you may assist our planning by indicating your interest in attending this year. If you would like to attend or would like more details about the program please contact Frank

Fuerst, Programs Committee Chair at 540-341-1473. This would not be a commitment, just an expression of interest.

Countering Arthritis of the Knees and Hands -- Installment 3

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

3. Am I overusing some muscles and joints?

Staying active is one of the best things for protecting knees; but repetitive strain on muscles and joints should be avoided. For example, repeatedly engaging in the same activity – whether for work, recreation, or exercise – may loosen tendons or damage cartilage and eventually lead to injuries and possibly even arthritis.

Determining if a joint is being overused requires listening to one's body. If pain or discomfort is felt during or after exercise, household chores, or other activities, it should not be ignored. Cease or alter the activity until it can be performed without pain. Stay active by focusing on other activities that do not stress the injured joint. If the pain does not go away in two weeks, see a healthcare provider.

To help avoid overuse injuries, spend 5-10 minutes warming up before exercise, and another 5-10 minutes afterward.

4. Is my body properly aligned?

Just as driving a car when the wheels are out of alignment causes the tires to wear irregularly, the same principle holds true for knees. If the body is not properly aligned, the muscles, joints, and ligaments take more strain than they are able to endure healthfully. Following are some general principles of correct standing posture: KEEP THE...

- a. back straight – don't slump forward at the shoulders or waist
- b. knees slightly bent – they should not be locked
- c. abdominal muscles tight – suck the stomach in gently
- d. head centered over the body – check in the mirror from the side
- e. weight evenly distributed between the feet – do not jut one hip out to the side

A physical therapist can help assess a body's biomechanics and teach proper standing, sitting, walking, running, and lifting techniques that can help spare joints from extra wear and tear. Biomechanics is the study of how the body handles the impact of its own weight against gravity.

Installment 4 -- next month

Interesting and Fun Turkey Facts

What do we really know about turkeys? First, take the fun trivia quiz on the following web site – http://home.aristotle.net/Thanksgiving/turkey_facts.asp - and then read the collection of interesting turkey facts below:

* Turkeys are able to adapt to a wide variety of habitats; however, most turkeys are found in hardwood forests with grassy areas.

* The best time to see a turkey is on a warm clear day or in a light rain.

* Turkeys can have heart attacks. When the Air Force was conducting test runs and breaking the sound barrier, fields of turkeys would drop dead.

* Turkeys can drown if they look up when it is raining.

* Turkeys spend the night in trees. They fly to their roosts around sunset.

* Turkeys fly to the ground at first light and feed until mid-morning. Feeding resumes in mid-afternoon.

* Gobbling starts before sunrise

and can continue through most of the morning.

* A wild turkey has excellent vision and hearing. Their field of vision is about 270 degrees. This is the main reason they continue to elude some hunters.

* A spooked turkey can run at speeds up to 20 mph. They also can burst into flight approaching speeds between 50 and 55 mph in a matter of seconds

And as we all have heard by now, Benjamin Franklin wanted the turkey to be our national bird.