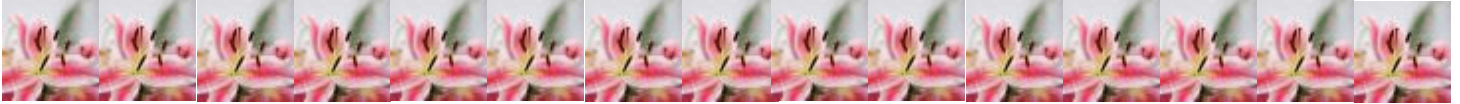


THE MANOR MONITOR

June 2009

A Monthly Publication of The Vint Hill Manor Homeowners Association

www.VintHillManor.org



Board of Directors' Monthly Meeting

The May meeting of the Board of Directors (BOD) of the Homeowners Association (HOA) was held on Tuesday, May 5, 2009, in the new location of the Conservancy Conference Room on Bludau 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.

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

Website: www.ARMIVA.com.

President's Message

In 2008, our HOA Board received many comments about the common grounds, and subsequently formed the Common Grounds Committee. Both the Conservancy and the other HOA had their own concerns, as well. The contract that the Conservancy had with WardCo, for the maintenance of the common grounds, expired on December 31, 2008. The Conservancy decided to develop specifications for a new contract.

In the absence of a timely contract award, the Conservancy arranged with WardCo to provide interim mowing. Two mowings have been done so far, and a third is scheduled to be done by the time this Newsletter is delivered. Because the mowing contract did not include trimming, we appreciate the patience that you have shown.

The Conservancy, the other HOA, and our Board have spent many hours working on general specifications to fit all three groups, and tailored specifications for each. The general specifications are oriented toward sustainability, and environmental friendliness. For example, you may see a shift toward native plants that are more drought and disease resistant. Also, grass will be cut at industry standard (3½ inches) versus 2½ inches in the past.

As an added feature, the Conservancy also has contracted with a company that will oversee the quality of the work performed by the maintenance contractor. OLM is a company with quality control experience in this area. One aspect of the new contractual arrangement calls for the retention of the last 25% of each month's payment to the maintenance contractor until OLM determines a certain level of quality has been achieved.

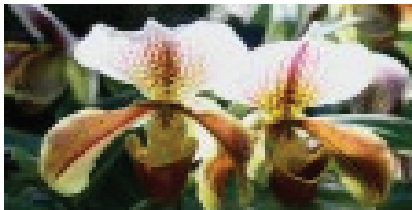
The specifications went out, and eight vendors submitted bids. Ruppert Landscape was the low bidder for our HOA; but not for all three groups. Nevertheless, Ruppert was chosen as the new vendor for all, effective June 1, 2009. Although all three groups will have a common umbrella contract, each organization has set the mowing standards for their own land bays. You will see few changes within our land bay. You will, however, see (and probably already have seen) changes in the other land bays.

Our portion of the contract includes everything that WardCo was doing and everything that our Common Grounds Committee planned to do. We are still making minor adjustments to what we want done; but the total cost still will be less than what we had budgeted, based on prior experience. The first year will be a transition year; so I will ask you to be patient until we settle into a normal maintenance routine and allow time for many of the past problems to be corrected.

The Common Grounds Committee will have a key role. The Chair of that group will be leading the effort to make sure that Ruppert delivers what is in the contract. **That Chair position is still open; so, if you have an interest in our common grounds, please call me at 341-1473.**

Recording Secretary Position

Speaking of opportunities – how's that for a segue – the BOD is, again, looking for a volunteer to assist the Secretary, Stan Manvell. Brian Desmond, who had been acting in this capacity, is unable to help at this time. It is important for ALL BOD members to be able to focus their attention on matters being discussed. A volunteer, to record the proceedings, is really vital. The only requirement is a commitment to attend the monthly BOD and Annual Membership Meetings, record what takes place, and provide a 'draft' copy to Stan. Stan will be responsible for developing and providing the 'official' minutes. **Anyone willing to give Stan a hand, please contact him at 341-2886, or send him an e-mail at stanvell@comcast.net .**



Monthly Assessment Terms Changes

At the May BOD meeting, a motion was passed that changed the timeframe when a payment will be considered late, and the amount of the late fee to be charged. The ARMI monthly statement wording will be changed to reflect that the monthly HOA assessment must be received by no later than the **last day of each month**, and that a **late fee of five dollars (\$5.00)** will be applied on the first day of the following month if payment is not received on time. This change became effective May 1, 2009, and is not retroactive. In order to accommodate this change, the statement from ARMI will arrive about one week later than usual

Vint Hill Manor Homeowners' Association Board of Directors Meeting Agenda June 2, 2009

1. Call to Order
2. Member Comment Period
3. Minutes of May BOD Meeting
4. Financial Report
5. Committee Reports
 - a. Architectural Review and Covenants
 - b. Common Grounds
 - c. Communications
 - d. Programs
6. Unfinished Business
 - a. Resolution of Billing Dispute with LDC
7. New Business
 - a. Call for Volunteers for CGC Chair and Recording Secretary
8. Adjournment

Financial Management

As a possible Program offering, one of our residents, LA Roberts, has offered to make presentations on financial management, at no charge to attendees. LA has over 30 years of personal financial work experience, is an author, and is a certified financial educator/mentor with credentials from the Virginia Cooperative Extension, in conjunction with Virginia Tech and Virginia State.

LA would present two two hour sessions, each of which might be presented twice to provide some flexibility in attendance.

Given the current state of the economy, some of our homeowners/residents throughout the entire Vint

Hill development might appreciate information and 'how to' action procedures for personal financial situations. This opportunity is being made available, simultaneously, to the other HOA developments, as well.

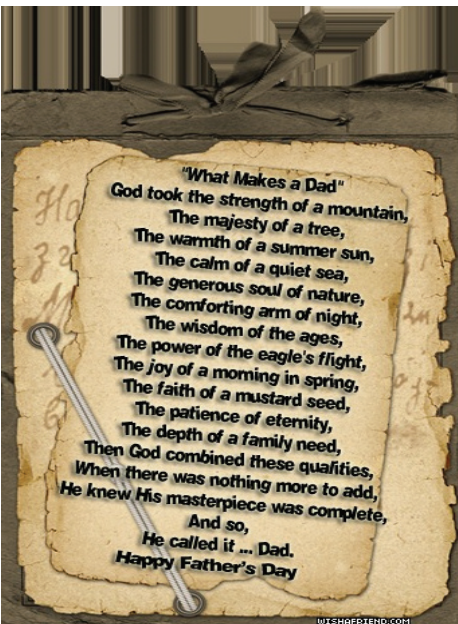
LA's aim is to share handouts and workable money management practices (e.g., negotiation techniques with creditors) and other practices that relate to one's cash flow and survival during this temporary economic crisis. No one will be required to divulge any personal financial information. These free sessions are planned to be given in, as LA put it, a "Laugh and Learn" kind of atmosphere.

If you are interested in attending these free Financial

Management Sessions, please contact Mark Melancon, Program Chair. **Mark can be reached via e-mail at melanconmjff@comcast.net, or call him at 540-341-4177, by June 10, 2009.** Further information, as to dates and location, will be made subsequent to interest level determination.

Driveway Sealing

An article in last month's Manor Monitor advised residents of another possible Program offering, i.e., getting our driveways resealed. Before going any further with this initiative, it was important to assess the level of interest in order to negotiate better pricing. Thus far, over 25 residents have expressed interest, and Mark Melancon is in the process of finalizing the details. Mark plans to have the final information by the upcoming BOD meeting on June 2, 2009. All those who have expressed interest will be notified directly with all the details before having to make a final commitment. Anyone who is interested and has not yet contacted Mark is encouraged to do so quickly. Mark can be reached via e-mail at melanconmjff@comcast.net, or call him at 540-341-4177.



Architectural Review Committee

Steve Chronister, ARC Chair, reported that, at the April ARC meeting, an information session, led by the former Chair, Stan Manvell, was held. The interrelationship between the BOD, the ARC, and ARMI was discussed, as well as the responsibilities of each entity. In addition, there was a discussion of practical approaches to take when reviewing a design application. Stan also presented a detailed document containing proposed updates to Section V of the Design Standards for the ARC to review.

Steve advised that the committee then reviewed and approved applications from four homeowners. He went on to report that there are still 5 lots (6 unapproved modifications) that are in a non-compliant status.

The ARC meetings are usually held on the last Tuesday of the month and, like the BOD meetings, are open to the members of the community. The location of the next meeting is determined at each current monthly meeting. The May ARC meeting was scheduled for the 26th, at 7:00PM at the home of Steve Chronister, 6828 Averbach Court.

The ARC is ready and always more than 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! Manor Pride!

Planning some changes?

Give Steve a call at 428-1828

Firing Up the Grill

Well, it's the official start of the season for firing up the grill and cooking up the steaks and burgers. Here are a couple of tips to make the meat we cook and eat a bit more healthy. Let the guideline be "Low and Slow". Cooking meat at a lower temperature is better for our health. It may take a little longer; but, the reward is fewer body-aging by-products. When cooked at high temperatures, meat proteins can form cell-damaging, inflammation-promoting oxidants, and getting too much of these oxidants, called 'advanced glycation end products' (AGEs) may actually shorten lifespan, according to early-stage animal studies. Researchers think certain aging genes may be turned off or on in the absence or presence of these AGEs.

Regardless of how we cook – gas or charcoal – we should make sure we practice food-safety habits, and heat meat to the right internal temperature. Following are target temperatures from the American Dietetic Association:

- * Ground Meat Products – 160, or until the inside is no longer pink, and juices run clear.
- * Steak – 145 for Medium Rare, 160 for Medium, and 170 for Well Done.
- * Fish – 145.
- * Poultry (thighs, breasts, or wings) – 170, or until juices run clear.

Grilling/barbecuing outside may be more relaxed and less formal; but, we need to still be vigilant about food safety. Following are

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P.O. BOX 3413
Warrenton, VA 20188-3413

NEWSLETTER EDITOR
TOM DAILY

PRINTER: PRINTING FOR YOU

some general tips to keep bacteria out and the fun in:

* Clean the grill EVERY time it is to be used – use a wire brush while the grill is hot.

* NEVER use the same dish for raw meat as for cooked – ALWAYS transfer food to a clean plate once it's cooked, using a clean utensil.

* NEVER let food, that is to be grilled, sit out – keep food cold in the refrigerator or cooler until ready to be grilled.

* ALWAYS use separate cutting boards and knives for meats and vegetables. Wood vs Plastic?! Experts have debated which is better; but, plastic is considered easier to clean, and can go into the dishwasher. The main thing is to use separate boards as indicated.

* ALWAYS wash hands thoroughly before and after handling food

* ALWAYS discard or boil marinades – if a marinade is to be used, set some aside for after the meat is cooked. If raw meat was marinated, boil the 'set aside' portion for at least one minute before using it to baste the meat on the grill.

* ALWAYS grill meat until it is thoroughly cooked – but not charred. To be sure that bacteria has been killed throughout, the meat should be cooked to the appropriate internal temperature, as indicated above. A meat or 'instant-read' thermometer is essential to ensure accuracy. However, do not overcook or char the meat – some studies have suggested that possible cancer-causing compounds (called heterocyclic aromatic amines) are formed when meat is charred. Scrape off any charred areas before consuming.

Last, but not least – and actually, perhaps, should go first – is overall SAFETY. Although grilling outdoors is great fun, it can be dangerous. Not being safety-conscious can lead to serious burns and/or a severe

fire. Following are some overall safety tips:

* Check the grill thoroughly before the first use each season to ensure all hoses are firmly attached and there are no leaks or blockages.

* Set up the grill in an open area – at least 10 feet from any house, shed, fence, tree, or other combustible material, such as leaves or brush. If applicable, be aware of the wind blowing hot embers.

* Use long handled tools and/or flame retardant mitts.

* Do not wear loose clothing, and watch for dangling apron strings and shirt tails.

* Do not let grill unattended for long periods of time, and keep children away.

* Regarding propane cylinders, if applicable, they should:

- be checked for dents, gouges, or other signs of disrepair before being filled,

- never be overfilled,

- not be used if more than 10 years old,

- not be stored indoors, or near a grill, open flame, or other heat source,

- * Finally, keep a fire extinguisher within reach and NEVER use water to control grease flare-ups on a gas grill.

Source: RealAge Tips of the Week, May 21-22, 2009. health@realage-mail.com



VINT HILL MANOR
HOMEOWNERS ASSOCIATION
P.O. Box 3413 WARRENTON, VA 20188
www.VintHillManor.org

DIRECTORS/ASSOCIATION OFFICERS

President **Frank Fuerst** 540-341-1473
fafuerst@earthlink.net
Vice-Pres **Tom Daily** 540-341-7606
tomrdee@comcast.net
Secretary **Stan Manvell** 540-341-2886
stanvell@comcast.net
Treasurer **Ed Ortiz** 540-347-5927
edortiz_50@yahoo.com
Mark Melancon .. 540-341-4177
melanconmjjf@comcast.net

COMMITTEE CHAIRS

Architectural Review
Steve Chronister 540-428-1828
Chartering Documents
Frank Fuerst 540-341-1473
Communications
Tom Daily 540-341-7606
Common Grounds
VACANT
Program
Mark Melancon 540-341-4177

ADMINISTRATIVE MANAGEMENT

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

Heartburn

As this paragraph follows the former, so also, for some of us, does heartburn follow eating. The same RealAge e-mail contained an easy home remedy for this condition if we wake up the next morning with that dreaded burning sensation in our midsection. Place one large, or two small, white russet potatoes into a juicer. Afterwards, discard the pulp and mix the juice with an equal amount of hot water, and drink on an empty stomach first thing in the morning. Potatoes are an alkalizing food and will neutralize acid in the stomach.

Following are four suggestions to help prevent heartburn in the first place:

1. Eat slowly. Chew thoroughly and stop eating when three quarters full.
2. Avoid acidic and processed foods, such as tomatoes, pineapple, coffee, greasy or fried foods, dairy, and wheat
3. Eat with mindfulness. Enjoy the meal. Don't eat when stressed, angry, or preoccupied.
4. Walk. Exercise helps move food along the digestive tract and improves digestion and absorption.