

The Armfield Link

Serving the Information Needs of the Communities of
Armfield Farms, Lees Crossing I, Lees Crossing II, and Saville Chase

January-February 1994

Volume 1994, Issue 1

Annual Meeting Announced

The 1994 Annual Meeting and Election will be held on *Wednesday, April 27, 1994, 7:00 p.m.* at Franklin Intermediate School. The purpose of the meeting will be to elect two members to the Board of Directors. In the near future, a notice of the meeting will be mailed to all homeowners, along with a proxy for those owners not able to attend the meeting and a nominating petition for any owner interested in running for the Board.

It is anticipated that a vote will be taken at the Annual Meeting to include trash removal services as part of the quarterly assessments. The vote will be necessary to raise the assessments in 1995 to a level that will cover the additional cost of the service. More information on this issue will be forwarded in the notice of the Annual Meeting. Watch your mail for this notice in the next few weeks.

It is extremely important that you complete and return your proxy prior to April 27, preferably as soon as you receive it in the mail. In addition, please make every effort to attend the

meeting. Last year, due to poor attendance, we were not able to obtain a quorum and had to hold an additional meeting to ratify the business items on the agenda.

If you submit a proxy and attend the meeting, your proxy will be returned to you at the meeting, so you can personally vote on the issues presented.

Gas Lines Proposed for Paoli and Southernwood Courts

After requests initiated by two residents on Paoli and Southernwood Courts, Washington Gas has offered to extend gas lines to serve the 24 homes along those streets, if 7 homeowners commit to gas conversion.

To extend the gas lines, the company requires interested homeowners to convert both their furnaces and water heaters. The conversion is handled by an independent contractor hired by the homeowner. Washington Gas estimates the conversion to cost approximately \$2,500 to \$5,000. The company does offer a nine-month deferred payment or 60 month financing contract if a Comfort Assured™ contractor is used. If the required number of homeowners convert to gas, the company estimates lines to take up to a year to install.

Washington Gas will be distributing information to the 24 homes along Paoli and Southernwood within the next few weeks. Four homeowners have already committed to convert to gas and are planning to coordinate conversion activities as a group. If you live along Paoli and Southernwood Courts and are interested in converting to gas, please call Keola Nosaka at 435-3121 (evenings) or 448-5835 (day).

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Snow Removal Explained

This winter's snow and ice storms have created quite a bit of havoc for residents in the Northern Virginia area. The Virginia Department of Transportation had a difficult time keeping up with the storms and clearing the main roads and highways due to a shortage of sand and salt across the region. Needless to say, homeowner's associations with state maintained roads were last on the list for plowing and sanding.

Unfortunately, Armfield falls under the state, VDOT's responsibility. In many cases, the plows do not get to the property until two or three days after the storm has hit. In the meantime, residents are forced to "fend for themselves" and try to dig themselves out of the community. Homeowners may try requesting VDOT to send plows to the property in a more timely manner by calling 934-0500 or 359-1220.

The only sections of the property which do not yet fall under VDOT's responsibility are the streets in Saville Chase which have not been released from bond. Richmarr will contract with an independent snow removal company to clear these streets until the bonds are released and they are turned over to the State.

Nominating Committee Seeks Volunteers

The Association is in need of two homeowners to volunteer for the 1994 Nominating Committee. The Committee assists with preparation for the Annual Meeting, including making nominations for election to the Board of Directors, helping owners sign-in the night of the meeting, and assisting with tallying the votes. There is not a great deal of time involved by serving on the committee, and most of the work is done the night of the Annual Meeting. If you are interested in volunteering, please contact Toni Koch at 385-1133, ext. 228.

Community Day Scheduled; Volunteers Needed

The annual Armfield Community Day will be held on **Sunday, April 17, 1994 from 12:00 noon** to 4:00 p.m. at the poolhouse (rain date Sunday, April 24). At Community Day, you may register for the pool, purchase a tennis court key, and turn in proxies if you are unable to attend the Annual Meeting. We will also need volunteers for part of the day to help with odd jobs to get the pool and tennis court areas ready for the season. Watch your mail for more information.

Award-Winning Stingrays to Hold Parents Meeting

Attention all Stingray Swim Team Parents! To warm everyone up and help get you into that "think summertime" mode, there will be a parent meeting for the swim team on **Wednesday, March 23, 1994 at 7:30 p.m.** The meeting will be held at Patty Morell's house at 3900 Bokel Drive. Because of the untimely departure of the Carbone family (we wish them well in Italy), Patty Morell and Keith Poulsen will be leading the team this summer. Patty has volunteered to be the Chairperson of the Swim Team Committee, while Keith will lend his swimming expertise as the Team Representative to the Colonial Swim League. We hope as many parents as possible will be able to attend this meeting to help organize plans for the new season and volunteer to head up the many responsibilities for the team. We also welcome any new parents in the community with school age children, who are interested in learning what the summer swim team is all about. If you can attend, please call Patty **afternoons or evenings** at 378-4105 or Keith in the **evening** at 378-9606.

Lights Improve Safety

Have you ever driven through the property at night and found an entire row of homes completely dark? Since the Armfield community does not have street lights or even post lamps in most sections of the property, night-time visibility and security can be a problem. However, safety and security can be significantly increased if residents will keep their porch lights turned on at night. A row of houses with lit porch lights not only gives the impression of occupied homes, but also reduces the chances of vandalism or crime in the neighborhood. Keeping your lights on will increase your monthly electric bill by only pennies, and it provides a great service to your neighbors.

November Minutes Approved

ARMFIELD HOMEOWNERS ASSOCIATION MEETING MINUTES NOVEMBER 15, 1993

I. CALL TO ORDER: The meeting was called to order by the President at 7:30 p.m. at the offices of Armstrong Management Services, Inc. Linda Turpin, John Anderson, Robert Strupp, and Steve Hudak were present along with Toni Koch of Armstrong Management.

II. READING OF THE MINUTES: The minutes of the past two meetings were read, annotated as appropriate, accepted and signed.

III. MANAGEMENT REPORT: Call-through to reach Toni Koch is 385-1133, extension 228. Phone numbers will be published in the newsletter for Armstrong Bookkeeper, ARC (Architectural Review Committee) contact numbers, and other important members that will make it easier for residents to contact the right people.

An adjustment to billings resulted in returning \$615.50 in the operating account. AHA cash

accounts are balanced and accounted for.

Board would like delinquency reports run at Board meetings.

Debbie Broderick was voted to replace Tanya Black on the Board.

The compost situation was no problem, as per the ARC.

IV. COMMITTEE REPORTS: VA Pools was award the pool contract, and \$600 will be held back until May (as per the contract) to insure that winter repair problems are funded, in case pool winterization was not done properly. The pool will stay open until 8:00 p.m. Normal hours will be from 11:00 a.m. to 8:00 p.m. Two lifeguards will be on duty from 12 noon to 3:00 p.m. Peak weekly pool hours will have 3 to 4 lifeguards. Weekends will have 4 lifeguards. August will have 3 guards, all the time.

The locks will be changed at the pool. Calls were a problem from the pool. Tighter controls will be established to avoid problems.

Mr. Zealley will head up the ARC, and the ARC's modification of the rules was covered.

V. ADJOURNMENT: The next Board meeting is scheduled for January 18, 1994. The meeting package for December's Board meeting will be given to the Board members on December 17, 1993. Any needed actions will be handled by phone. The meeting was adjourned at 9:55 p.m.

Sports Medicine Corner... Get Fit For The Slopes

By Bryan L. Romig, M.P.T.

Director, Loudoun Sports Medicine Center

Ski season is in full force. To avoid injury, focus should be placed on injury prevention. Awareness of the variables which limit injury is the first step to a successful season. Statistics

indicate that 3 injuries occur for every 1,000 ski visits. This may not seem extraordinary, until you are involved in an injury that could have been prevented.

You should have started with a successful pre-season program when the previous season ended. A year-round program is less traumatic to the body, should be well-rounded, and should include flexibility, strength and cardiovascular conditioning. Training doesn't have to be traditional, but could include activities such as cycling, rollerblading, and hiking. The key is to design a complete and regular program.

Equipment is another consideration. You should check for proper fit and insure the equipment is in good working order. Don't compromise on fit. Improper fit has a positive correlation to injury.

You should continue with your conditioning program throughout the ski sea. Include a good warm-up program before every outing to help your body prepare for the stress of the activity. Common sense tells you to start of gradually. Don't attempt to conquer the most difficult trails during your first run or outing. Know your skill level. Studies have shown that entry-level skiers have 12 times the injury rate of advanced skiers. Most importantly, listen to your body, and do not ignore the early signs of fatigue and injury. Be aware of the signs (burning muscles, cramping, a rubber-like feeling in your arms and legs).

By following these guidelines and incorporating these concepts into your season, you can greatly reduce your chances of injury and be able to enjoy the slopes for longer durations of time.

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Community Services

These advertisements are provided as a service to the community. They are not an endorsement by the Board of Directors or the Association. To place an advertisement, contact Toni Koch of Armstrong Management at (703) 385-1133 extension 228.

Services Offered

Pet Sitting - Call Keri Basham at
222-9177.

Snow Shoveling - Call or James
Mowatt at 378-9522 Ryan
Turpyn at 481-0147.

Mark Your Calendars

Board Meeting (every month, 3rd Tue.) Tue., March 15, 1994, 7:30 p.m.
(Sep-May Armstrong Office, Jun-Aug Pool) Armstrong Management Office

Stingray Parents Meeting Wednesday, March 23, 1994, 7:30 p.m.
(help continue the winning streak) Patty Morell's House, 3900 Bokel Drive

Community Day Sunday, April 17, 1994, 12 Noon
(register for pool and tennis) Poolhouse

1994 Annual Meeting and Election Wednesday, April 27, 1994, 7:30 p.m.
(be there or be square) Franklin Intermediate School

Don't forget to mail in your proxy, as soon as you get it in the mail!!!

Directory: Armfield Homeowners Association

c/o Armstrong Management Services, Inc.; 3959 Pender Dr., Ste. 205; Fairfax, VA 22030
(Please address correspondence to the attention of the appropriate individual.)

Board of Directors

President: Linda Turpyn 481-0147
Vice Pres.: John Anderson 478-0987
Secretary: Steve Hudak 968-0538

Treasurer: Robert Strupp 471-1152
Director: Deborah Broderick 324-2421

Committee Chairpeople

Pool & Tennis: Charlie Smart 435-8892
Swim Team: Patty Morell 378-4105
Grounds: Eric Hoierman 481-3090
Land Use: Steve Hudak 968-0538
Social: Tanya Black 378-6346

Newsletter: A. Keola Nosaka 435-3121
Architectural Review (ARC): Harold Zealley 437-5740
Neighborhood Watch: Terri Donovan 834-1136

Pool Telephone

689-9831

Armstrong Management Services, Inc.

385-1133

Board/Committee communications, rules enforcement,
maintenance, facilities, mortgage, and budget issues:
Payments, delinquencies, and coupon books:
Resale disclosure packets and Association documents:
Settlement information:

Toni Koch Ext. 228
Joan Hymes Ext. 241
Celeste Curcio Ext. 235
Patrice Gant Ext. 214

ARMFIELD HOMEOWNERS ASSOCIATION

c/o Armstrong Management Services, Inc.
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Fairfax, Virginia 22030

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