

# ARMFIELD



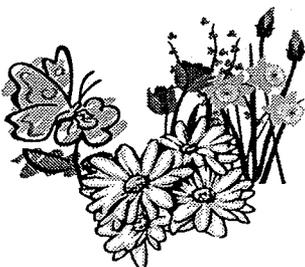
# ADVOCATE

A Newsletter for the Armfield Farm Community in Chantilly, Virginia

Spring 2001

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## **PRESIDENT'S MESSAGE: TIME TO PASS THE BATON!**

*by Deborah Broderick*

**A**rmfield's largest expenditure this year is the renovation to the pool. After completing a stress test of the pool walls this past winter, the Board contracted with NV Pools to remove and replace all stressed wall areas, replace the steps, and install new racing lanes, water level tiles and coping stones. This summer we will enjoy a much improved pool structure, in addition to a mushroom sprinkler, which the Board purchased for the wading pool. Also, we will enjoy a new sound system at the pool this summer.

The Board also approved purchase of new signs for all entrances, except Saville Chase, which we hope to have installed by Memorial Day. Improved lighting of the signs is also being explored for installation soon after the signs.

In the past several years, our Board has endeavored to not only maintain existing community facilities but also made significant improvements to our community, including improved landscaping at the entrances and pool, a new tot lot, playground and volleyball court, improved tennis courts and a new baseball backstop. In addition, the Board petitioned the County to install STOP signs and streetlights on our community streets. The Board was successful in defeating a proposal by a local developer to make Springhaven a through street and a proposal by Fairfax County to install a second storm water management pond behind Clary Sage Drive.

During the past 8 years, I have enjoyed serving on the Armfield Board. Moreover, I have enjoyed the opportunity to serve with super neighbors and fellow Board Members. Each member brought to the Board a cooperative spirit and their special talents that made each meeting something to look forward to. I am particularly grateful to Mauricio Herman, who has been a superb treasurer. His watchful eye helped the Board accomplish these many improvements while main-

(PRESIDENT: Continued on page 2)

## Important Contacts

### Community Manager

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 3959 Pender Drive, Suite 205  
 Fairfax VA 22030  
 Voice 703-385-1133  
 Fax 703-591-5785  
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### Board Members

#### President:

Deborah Broderick  
 703-709-8360

#### Vice President:

Dan Gordon  
 703-709-8237

#### Treasurer:

Mauricio Herman  
 703-834-0723

#### Secretary:

Marieann Machida  
 703-708-7194

#### Member-at-Large:

John Mullins  
 703-787-8714

#### Social Committee

Peggy Cook  
 703-318-7261  
 Kim Reardon  
 703-707-9317

#### Architectural Review Committee

Charlie Dutton  
 703-787-8324

#### Swim Team

Cheryl Caslavka  
 703-435-3939

*The Armfield Advocate* is  
 produced by Jennifer Whitehead.  
 E-mailed comments welcome:  
 newsletters@cox.rr.com

(PRESIDENT: Continued from page 1)

taining our strong financial integrity. We have been fortunate to have Mauricio as our treasurer for the past six years. We appreciate his service and wish him well.

Having served on this Board for eight years, I feel that the time has come to pass the baton. I appreciate the support you have afforded me, and I look forward to supporting the ideas of our new members.

## Annual Meeting May 17th

The Association's Annual Meeting will take place Thursday, May 17th, 2001, at Franklin Middle School, with sign-in at 6:30 p.m. and call to order at 7:00 p.m. In addition to the election of four board members, we will be voting this year on the permanent dedication of the Springhaven Drive cul-de-sac. You will receive more information, an official notice, a proxy and a ballot about two weeks before the meeting.

Guest speakers have not yet been finalized, but board members will address the gathering, giving residents important information about:

- the Association's financial health
- the Board's accomplishments during the past year.
- past and proposed social activities
- swim team news
- current and future planned projects

Please remember that the association needs a quorum in order to hold its Annual Meeting, so your presence is essential !! If there is no quorum, then everybody's time and effort will have been wasted and another meeting will have to be scheduled. This is our neighborhood, so be part of the process. Please be sure to send in your proxy to Armstrong Management or come and participate at the meeting. We live in changing times, and this community is not exempt from change. Be informed about the future of Armfield.



If all this wasn't enough enticement, we are offering another incentive for your participation. A door prize will be awarded by a drawing from all those who send in their proxy or attend the meeting. The winner will receive a \$100 gift certificate to Home Depot. You have to send in your proxy or attend the meeting to be eligible.

## Architectural Review Committee News

by Charlie Dutton, Architectural Review Committee Chair

**A**lthough the severe hail we experienced last year is long gone, many homeowners are still replacing roof shingles and aluminum siding. The ARC is often asked if an application is necessary. The answer is that if you are replacing the siding and shingles with a similar color material, approval is not required. However, if you are changing siding colors, or repainting the trim with a different color, or if you're just not sure, the safe bet is to obtain approval from the Association. As a general rule, any alteration that changes the exterior appearance of the home an application requires review and approval by the ARC.

Please remember to complete the ARC applications as thoroughly as possible to ensure an expeditious review and approval. Make sure to include the following items with your application:

- A copy of your plat indicating the proposed location of a deck, shed, gazebo, fence, or other addition.
- A detailed description of the addition, including type of materials and finish or color.
- As many views of the addition as possible, including plan and elevation views as a minimum. If a roof is included, please provide a drawing that shows the relationship of the roof to the existing building.
- For siding or paint color changes, include paint chips or other color samples.

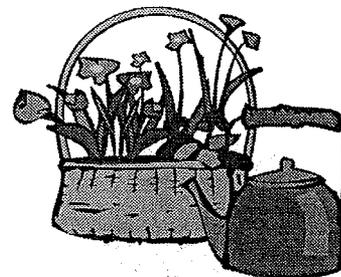
The ARC holds regular meetings on the 1<sup>st</sup> Wednesday of the month, and reviewed applications are returned to Armstrong by the day after the meeting. If you need an application or copy of the architectural standards, you can request one with a message to michael-meagher@armstrong.net or by calling 703-385-1133, extension 3268.

## Notices

**D**oes your teen have a summer business that needs promotion? Do you have some good news, such as the birth of a new baby, or a daughter's wedding, that you'd like to share? Are you trying to organize a playgroup or bridge club? **LET US KNOW!** The Armfield Advocate will publish your notice **FREE OF CHARGE**. Join us in building our community. Please contact Marieann Machida at (703) 708-7194 if you have something you'd like to submit to the Armfield Advocate.

## Community Garage Sale

**B**y popular demand, the annual spring community garage sale has been scheduled for Saturday, June 9<sup>th</sup> from 8:00 AM until noon. Gather up all those priceless items you don't want, put a price on them and open your garage door that morning. The association will place ads in the *Washington Post* and *Washington Times* and signs will be posted at the community entrances.



Morning childcare  
needed this fall for Lees  
Corner kindergarten  
twins, 15 hours max per  
week. Our home or  
yours. 703-787-8324

## Easter Egg Hunt

**O**n April 7th, the annual Easter Egg Hunt was held in front of the pool house. Although the original date had to be changed due to rain, the event was successful and everyone had a great time. For the first time this year, we had a petting zoo, complete with chicks, goats, lambs, bunnies, and the ever-popular pony rides. There was also face painting, a jellybean guessing contest, chalk drawing and lots of bubbles. Over 150 people participated and everyone enjoyed hunting for the goody filled plastic eggs. This event required the assistance of many volunteers. Thanks to all who donated their valuable time to help make this community event a success.



### Courtesy

Manners are like zero in arithmetic. They may not be much in themselves, but they are capable of adding a great deal of value to everything else.

—*Freya Stark*

## Board Notes

*by Dan Gordon, Vice-President*

**H**ere is a summary of board actions in recent months. Homeowners interested in viewing complete minutes should contact Armstrong Management Services.

### ADMINISTRATIVE

- Letters were sent to numerous homeowners for various covenant violations including:

Chain link fences

Fallen tree needing to be removed

Debris/storage in front of house

Cars stored on side of house and in backyard

Rotted wood trim and garage doors

Christmas lights needing to be removed

Homeowners cited are sent initial notices, followed by more formal notices if the problem is not corrected. Ultimately a hearing is scheduled before the board of directors when necessary.

- The Board and Management met with Mary Reader from Architectural Design Group, Inc. to discuss improvements to the pool house and rear grassy area and recommendations were submitted.
- Management will begin the process of applying to the county for approval to increase the maximum number of pool memberships.
- Bowman Consulting Group was asked to give the association periodic updates about the proposed Chantilly Green development.
- A request for a contribution to the Chantilly High School All Night Graduation Party was not approved.
- A proposal from Armstrong Management for a three-year contract renewal was approved.

### OPERATIONS

- A proposal was approved for Bishop's Tennis to repair the tennis court light fixtures, tennis court gate and lock.
- The landscaping contract with STM Landscape Services was approved for 2001—2003
- A proposal from STM Landscaping Services regarding the landscaping of the west side of the tennis courts was approved.
- A proposal from Metro Technical Services was approved for the total replacement and expansion of the pool area sound system and speakers.
- A proposal from NV Pools for the repair and renovation of the large and small pools was approved. An additional proposal to identify water leakage in both pools and to perform the necessary repairs was also approved.
- A proposal by Kompan Playgrounds for an inspection contract for the tot-lot equipment manufactured by Big Toys was approved.

(BOARD NOTES: Continued on page 5)

(BOARD NOTES: Continued from page 4)

- A proposal by Signs by Tomorrow to replace all the entrance signs [except Saville Chase], and add a sign at the recreation area was approved.
- A proposal from All-Recreation to add wood carpeting to the pool and Clary Sage tot-lots was approved.
- A proposal from Chantilly International Tennis for the operation of a tennis program at the association's tennis courts was approved.

#### FINANCIAL

- Financial statements and debtor history reports were reviewed.
- The Board reviewed and approved the FY 2001 budget.
- A proposal from Ahlberg and Company to perform the annual audit and tax returns for was approved.

Funds were transferred from our E-Trade CD into the reserve money market account to make payments on the pool construction.

## Pool Reconstruction

by Michael Meagher, PCAM®,  
Community Manager

If you have driven by the pool recently, you have probably seen a lot of construction activity. During a winter inspection, we discovered severe cracks in the pool. It turned out these were caused by what is known as "distressed walls."

Several engineering firms were contacted and competitive bids were obtained to assess the structural conditions. The board awarded a contract to PHR&A Materials Laboratory to take sample cores from various locations, test the compressive strength and submit a report. Based on the results, it was determined that a portion of the pool walls needed to be replaced all the way around.

We then went to five companies for bids on the needed work. Ultimately, the construction division of NV Pools was given the contract for the work. This included tearing out the coping stones (around the rim of the pool), the water line tiles and about two feet of the walls. A new wall was constructed and new coping stones and tiles were installed. The "racing lane" tiles are also being replaced and the pools will then receive a new white coat.

The board of directors gave this many hours of careful consideration before reluctantly concluding that there was no alternative. Failure to move forward would have endangered the opening of the pool season or risked closing of the pool in mid-season. This was an expensive proposition (about \$70,000) but necessary. Some of the work, such as the new white coat and replacement of the coping stones, would have been needed over time, within the scope of the reserve schedule. But the rest of it represents an unanticipated drain on the reserve account.

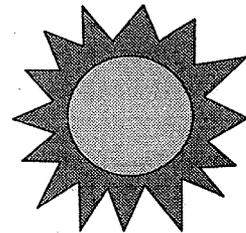
We are now ahead of schedule and all of the work will be finished by mid-May.

### Learn Better: Let the sunshine in

Recent research has shown that when students learn and study using natural light they tend to do better in tests and learn the material better.

So if you need to learn a new concept at work, try to study during daylight hours near a window.

—adapted from the  
HealthScout Web site



### Did You Know That June Is:

**Cancer from the Sun Month.** To raise awareness of the need to protect yourself from the sun's damaging rays.

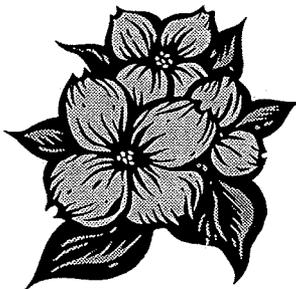
**International People Skills Month.** To hone your ability to live and work with and relate to the people around you.

**National Safety Month.** To practice safety at home, school, work and play.

## WANTED!

**A**re you an aspiring writer? Is your teenager interested in a career in journalism? The Armfield Advocate is interested in hearing from you. Submit articles on topics of local interest, from movie and restaurant reviews to news of local events. Please contact Marieann Machida at (703) 708-7194 if you have something you'd like to submit to the Armfield Advocate.

We are trying to get back to a quarterly publication schedule. A newsletter coordinator is needed to help organize coming issues, write some of the articles and assign others. The material is then turned over to our layout company to produce the publication. If you are interested in doing this, please contact Marieann Machida at 703-708-7194 or Michael Meagher with Armstrong Management at 703-385-1133, extension 3268.



## Pool Matters

**AS ALWAYS, YOUR ASSESSMENT ACCOUNT MUST BE CURRENT IF YOU WANT TO USE THE POOL**

**T**his year, we have simplified the pool registration and check-in process. You will no longer be required to keep track of a pool pass when you come to the pool. A computer check-in system is being instituted, which will require an identification (such as a driver license) that shows your home address. The lifeguards will quickly verify your eligibility. For household members who do not have a photo ID, a household registration form will be available at your first pool visit. This will be filled out by an owner with proper identification. For new owners, alternative proof of residence will be considered.

For pool purposes, a household is defined as follows: A household may consist of persons living in a dwelling for more than six months of the year, children who are college students or are from a previous marriage and will be residing with you for the summer. All will be considered part of the household. Grandchildren or other children who do not reside in the home may not be considered part of the household, and will instead be required to enter the pool as guests.

Lifeguards are trained to ensure a safe, fun pool experience for every eligible owner. They will be required to comply strictly with the established procedures. They will not know why any particular individual is shown as "ineligible." They will simply be told to have those persons contact management. Anyone with a question or problem with the process should contact Armstrong Management Services.

### OFF-SITE OWNER/TENANT—REGISTRATION PROCEDURES:

1. If your home is leased and you desire pool privileges for your tenant(s), a Non-Resident Homeowner Statement must be completed by the owner and signed by both the owner and tenant. The owner will be transferring his pool privileges to his tenant, and **the owner will not be able to use the pool**. Non-resident homeowner statements and copies of the pool rules will be mailed out to those homeowners soon.
2. The completed and signed Non-Resident Statement and Pool Rules should be forwarded by the owner to the tenant. The tenant must then fill out the pool registration form, and **the form must be returned in order for the tenant to be registered for the pool**.
3. If the owner's assessment account is not current, the tenant will not be registered for the pool.

### CHILD CARE REGISTRATION PROCEDURES:

The association will allow residents providing childcare for children

(REGISTRATION: Continued on page 7)

(REGISTRATION: Continued from page 6)

who do not live in Armfield to purchase pool memberships for these kids in lieu of buying a guest pass every day. A \$35 membership fee must be paid for each child (12 and under) and written permission must be obtained from the parents stating permission to use the pool and that they will hold Armfield Homeowners Association harmless in the event of an accident/injury to the child. This type of membership is good only on weekdays until 5:00 p.m.

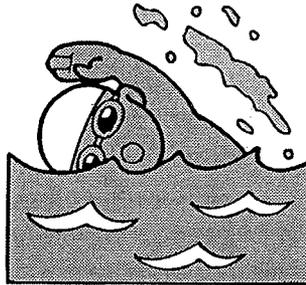
## FREE GUEST PASSES

Again this year, we will issue each household one free guest card with ten punches. This guest card will be issued to all those eligible to use the pool. It will be issued at your first visit and should be kept with you for the remainder of the season. Additional cards may be purchased at the pool. Checks only—no cash.

## Armfield Farm Swim Team

By Cheryl Caslavka, President Armfield Farm Swim Team

The Armfield Farm Stingray Swim Team will be holding registration on **Saturday, May 5th from 11:00—1:00pm** and **Sunday, May 6th from 1:00—3:00pm**. Also mark your calendars for a parents meeting on **Tuesday, May 22nd at 7:00pm** in the Upper Theatre at Lee's Corner Elementary School.



Our coaching staff is now complete with head coach Neils Moore and assistant coaches Lauren Giel and Carrie Zill. You can meet the coaches and have all your questions answered at the parent's meeting.

If you have never been involved with the swim team, consider giving it a try. Not only does this activity give your child an opportunity to greatly improve their swimming skills, it is a wonderful way for them to meet and socialize with many other children in the community. We encourage children of all ages to participate, provided they are able (or are close) to swim one length of the pool.

There is much more that the swim team has to offer than just practices and meets. We have several social events throughout the season. These include "An afternoon at the Movies," a day at "Splashdown" water park an ice cream social, Friday night "pot-luck dinners; Relay Carnival; Fun Meet, etc.

To kick off the season, we will be holding a car wash after registration on Saturday, May 5th from **1-3 pm**. Bring your buckets, old towels and dirty cars to the pool house for our first car wash of 2001. This has been a lot of fun in the past and gives you an opportunity to meet some of your teammates. Hope to see you all there!!

## Take Control of Clutter

All of us deal with some amount of clutter. And it can get out of control unless we learn to tame it. Here are a few tips on cleaning up your mess:

- **Learn to put things in their place.** We often misplace things because we carry them around, and then absentmindedly put them down. When you've got something that needs to be put away, do that first. Then move on.
- **Declutter the most visible areas of your desk or home first.** When you start seeing results right away, you're more likely to stay on your decluttered path.
- **Keep only things of sentimental value.** Get rid of the rest.
- **Set a timer for 15-minute increments.** Focus your whole attention during those 15-minute spans to decluttering.

—adapted from *Good Morning America* Web site



## 8 Tips for Working Safely in the Heat

**A**s the warm days of summer set in, keep these safety tips in mind to avoid overstressing your body as you work:

- 1. Perform your heaviest tasks during the morning.** If you have work that will require you to exert a lot of energy, it's best to do it in the cooler hours of the morning.
- 2. Build your tolerance.** It usually takes a good two weeks for your body to acclimate itself to working in the heat, so give your body time to adjust to higher temps.
- 3. Use the buddy system.** That way you can keep an eye out and get help if needed.
- 4. Drink water.** Health experts say you should drink a small cup every 15 to 20 minutes when you're working in the heat to stay hydrated and cool.
- 5. Take breaks.** Give your body a chance to cool down by heading off to a cool area for a few minutes.
- 6. Eat lightly.** Try not to eat heavy or big meals before you have to work in the heat.
- 7. Skip the caffeine.** It makes your body lose water and increases your chances of heat illnesses.
- 8. Watch your medications.** If you take any medicine, you should check with your doctor or pharmacist about its effects when you're working in the heat.

—adapted from the U.S. Department of Labor, Occupational Safety and Health Administration Web site

## CARING FOR YOUR HOME— A 60 MINUTE INSPECTION GUIDE\*



**T**he biggest (and most unhappy) surprise that new homeowners get upon buying their first home is realizing that their mortgage is only one of the significant expenses associated with owning a home. Moreover, the costs of decorating a home with paint, wallpaper, curtains and furniture are just the tip of the iceberg. The costs associated with the routine maintenance of a home are flabbergasting, and need to be managed in a way that addresses both big and small problems. Veteran homeowners who have dealt successfully with this issue know that the best way to manage all of these expenses is to establish and maintain a regular schedule of maintenance, for both the inside and outside of your home, and to stick with it, year after year.

The first step to establishing a maintenance routine for your home is inspecting your home, inside and out, at least twice a year, with an eye towards finding water damage in particular. Although this sounds like a big job, it can usually be done in about an hour—and if you are able to catch repairs that need to be done while they are still small, it will be an hour well spent.

In cold weather climates, such as ours, the best times to conduct your inspection is right before the cold weather sets in, and right after it departs. In other words, in the fall and in the spring.

At a minimum, your inspection of the outside of your house should include examining the roof. Use binoculars to get a good look from the ground and look for loose flashing, particularly along the edges of the roof, around the chimneys, and next to dormers. Look also for missing or broken shingles. And don't forget the gutters. Look for twigs sticking out of the top of the gutter or dirt stains on the siding.

As you walk around the house slowly, check to see whether foundation plantings or trees are touching the walls or roof. This could damage siding and create a situation where mold and mildew thrive. Check for signs of peeling paint, which could suggest a problem with moisture condensation within the house. Also, take note of damaged screens and storm windows, as you examine the caulk around windows, corner boards and exterior faucets.

Exterior porches, decks and stairs require a lot of maintenance. In addition to checking for torn or loose screens and boards, tap a screwdriver against areas where decks or stairs have been bolted to the house. Even though wood can look solid, if you knock on it and hear a hollow sound, chances are that you have a problem that needs to be dealt with

(INSPECTION: Continued on page 9)

(INSPECTION: Continued from page 8)  
immediately.

Inside the house, look for signs of leakage in basement pipes and in bathrooms, particularly around tubs and toilets. Missing or cracked caulk, loose or cracked tiles, or damaged grout can allow water to leak into walls, which could lead to serious problems down the road, such as a rotted sub-floor which is very difficult to repair. Look at your walls and ceilings too, because if there are dark stains, you probably have a mold and mildew problem that requires a closer look at your ventilation.

Your basement should be clean smelling, with no trace of mold or mildew. Rust and other stains on objects (including posts) that touch the floor indicate moisture seepage or periodic flooding that should be corrected.

Finally, check your electric service panel. It should be free of rust and operating correctly. If any part of the panel has rusted, you may have a very serious problem that should be dealt with by a professional electrician.

The best way to avoid major repair costs is to take care of problems when they arise, and not to let them fester season after season. This will not only enhance your enjoyment of your home, it will protect the enormous investment that you have made in your home.

\*This information is taken from *This Old House Home Owner's Manual*, by Tom Silva, Richard Trethewey, Steve Thomas (Time Publishing Ventures 2000).

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## Top 12 air-cleaning plants

1. Areca palm (*Chrysalidocarpus lutescens*)
2. Lady palm (*Rhapis excelsa*)
3. Bamboo palm (*Chamaedorea seifrizii*)
4. Rubber plant (*Ficus robusta*)
5. Dracaena Janet Craig (*Dracaena deremensis* "Janet Craig")
6. English ivy (*Hedera helix*)
7. Dwarf date palm (*Phoenix roebelenii*)
8. Ficus alii (*Ficus macleilandii* "Alii")
9. Boston fern (*Nephrolepis exaltata* "Bostoniensis")
10. Peace lily (*Spathiphyllum* sp.)
11. Corn plant (*Dracaena fragrans* "Massangeana")
12. Golden pothos (*Epipremnum aureum*)

—adapted from Health eOffice Web site



## ADVERTISING

Are you interested in advertising your business in the Armfield Advocate? It's a great way to reach everyone in the neighborhood at a nominal cost. Contact Marieann Marchida at (703) 708-7194 if you are interested in information about how to purchase space in the Armfield Advocate.



## Mistakes

If you learn from a mistake, it really wasn't a mistake after all.

—Vince Lombardi

## Social Committee News

**T**he Social Committee just completed another busy and fun-filled year of activities. The committee is now gearing up for the busy summer season. We plan to have several ice cream socials, an adult pool party (the second annual) and, of course, the famous family pool party. Be sure to watch for the signboards at the entrances to the community for details of upcoming events.



We would also love to hear from you about other ideas of new and different events that may be of interest.

Feel free to give us a call or share your ideas at the next event. Last year we added an "adult only" event and it was a great success. Your ideas are invited!!!

As always, we welcome new members. The Social Committee is a great way to meet new people. Not only do we plan event, we also have social times too. Members contribute in various ways and participate as their schedules allow. If you are interested in joining or just helping out at a particular event, please call Peggy Cook at 703-318-7261 or Kim Reardon at 703-707-9317.

### Halloween Party

On October 28th, a host of Armfield ghosts, goblins and other various characters gathered for a Halloween celebration. First there was a parade that was followed by carnival games and prizes. The grand finale included a magician. Children and adults alike enjoyed this festive event.

### Santa's Ride

On December 9th, Santa made his annual ride through Armfield Farm handing out goodies and taking photos with neighborhood children (...and adults too). Santa rang his siren and children came running out to see Santa. Parents listened intently as children told Santa what they wanted for Christmas. In all, over 150 participated. A special thank you goes out to the Fair Oaks Volunteer Fire Department as well as the other volunteers that made this event possible. Great work guys!

### Listening

I remind myself every morning:  
nothing I say this day will teach me  
anything. So if I'm going to learn, I  
must do it by listening.

—Larry King

## Giving Kids Homework Help

**Y**ou may feel a little shaky about your ability to actually help your child with homework (especially if geometry was your worst subject in school), so can get some backup:

**Get to know the teacher.** By establishing a relationship with your child's teacher, you'll learn what she expects of her students. If you or your child become confused about an assignment, both of you will be more comfortable talking to the teacher and asking for clarification.

**Team up with other parents.** Get to know the parents of some of your kids' friends and form a "student support group" where you take turns helping the children with their homework. For instance, you may be better at helping kids do English assignments, while another parent may be more help at that dreaded geometry.

—adapted from About.com



Web site

# Armfield Farm Activities

*—Courtesy of the Social Committee*



**Quick, did you  
know...**

A "jiffy" is an actual  
unit of time for 1/100th  
of a second.

—adapted from the  
StrangeFacts Web site



## Allergies: Blame it on evolution

Scientists believe allergies originated millions of years ago as a way for our body to rid itself of parasites and invading worms. The body fights such invaders by producing an antibody called immunoglobulin E in the intestines and lungs. Now that our bodies no longer need to fend off the parasites and worms of yore, the immunoglobulin E reacts instead to other foreign substances in the body and triggers immune cells to release chemicals, including histamine. It's the histamine that produces hives, watery eyes, sneezing and itching. The more a person is exposed to allergens, the more the body produces immunoglobulin E. That's why allergies often get worse with age.

—adapted from the FDA *Consumer* magazine



### Armfield Farm Community

c/o Armstrong Management Services, Inc.  
3959 Pender Drive, Suite 205  
Fairfax, VA 22030