FOREST LAKES
Community News
June 2016

DIRECTOR'S MESSAGE

Dear Forest Lakes Residents,

Many of you may have already been on the new Forest Lakes website at www.forestlakes.net. Many of you may have not. If you haven't, please take time to visit! Please know that you will first need to REGISTER (not log in) when using for the first time. To register you will need your Homeowner's Association account number and zip code. If you do not know your account number, please call the FLCA office and the staff can help you obtain it.
This website is password protected – only residents can access pertinent information.
Here are some of the features of our new site:
Calendars: There are both a Community Calendar and a Field Reservations Calendar. The Community Calendar shows all Forest Lakes activities, meetings, and events. The Field Reservation Calendar shows all reservations at both the North and South fields
Forms and Documents: Forms available include Architectural Review applications, Resident Information Forms, Pavilion and Poolhouse rental contracts. Documents available include maps, all governing documents, board meeting minutes, and budgets. You can also find the current Fitness Schedule, Tennis Flyers and Newsletters among many more documents and informative
Phone Book: Residents can add their own information to the online phone book. Remember, only other residents will be able to access the information!
E-News Sign up: Sign up for E-News announcements if you aren't already!
New Resident Information: New to Forest Lakes? Access the "For New Members" page to answer many of your questions you may have upon moving into Forest Lakes.
Have a general Forest Lakes Question? The "Frequently Asked Questions" page may have your answer.
Order a Disclosure Packet: Moving and selling your home? All homeowners are required to order a Homeowner's Disclosure Packet. This is all done online – go to the "Selling Your Home" link and order!
Take time to explore the site and see all the things it has to offer. If you have any suggestions or questions, you may direct them to Tamera Hammond at the FLCA office or email her at thammond@forestlakes.net.

Sincerely,
Chris Hapgood
President
FLCA Board of Directors

IN THIS ISSUE

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- Forest Lakes Coffee Group - Changed to Third Thursday of each Month

CALL 973-4596 TO ADVERTISE IN THE NEWSLETTER

To obtain information about our community open our Community Association web site www.forestlakes.net
To send us a message email manager@forestlakes.net or call 973-4596. E-mail is preferred.

Function	Organization/Person	Contact Information
FLCA Site Manager (dues, ARB, common ground maintenance requests, building rentals, pool, and other FLCA issues or questions).	Julia Stinnie Community Group, Inc.	1828 Pavilion Circle Charlottesville, VA 22911 973-4596 manager@forestlakes.net open Mon – Fri 9:00am – 5:00pm
After-hours emergencies involving common areas, buildings or facilities	Community Group Emergency Hotline (call 911 also if necessary)	1-804-270-1800. Follow prompts for Homeowner Services; include your contact info and description.
Arbor Lakes, Springridge, Ravenswood, Ravenscroft	Kristen Hall Real Property, Inc.	Kristen@realpropertyinc.com 202-1856
Ashland, Willow Bend, Worth Crossing	Stephanie Crouch Real Property, Inc.	Stephanie@realpropertyinc.com 202-1865
Gateway Village	Tim Durrer Community Group, Inc.	tdurrer@communitygroup.com 984-0700
Mailbox Nameplates and Repairs	John Schmidt Dick Billings	996-604, jpsbks@gmail.com 960-4999, dick.billings@gmail.com
Soccer Field Reservations	Ali Davison	dson85@aol.com
Tennis Pro	Jim Labinski	Tennis Pro Shop (North) 974-5567 Cell: 249-6240 Zentennis929@gmail.com 1818 Pavilion Circle, C'ville 22911
Neighborhood Watch	Block Captains for each neighborhood	Contact the FLCA office
	OTHER CONTACTS	
Drivers/Car Licenses	Virginia Dept. of Motor Vehicles (DMV)	866-368-5463/www.dmvnow.com
Electricity	Dominion Virginia Power	(888) 667-3000
Roads & Signs, Snow Plowing	VA Dept of Transportation (VDOT)	1-800-FOR-ROAD/800-367-7623
Trash Removal	County Waste	434-296-6000
Water and Sewer	Albemarle County Service Authority	977-4511
Gas	City of Charlottesville	970-3211
Albemarle County Police Non-Emergency		977-9041

FLCA 2016 BOARD OF DIRECTORS AND OFFICERS

Chris Hapgood
President
cch1@hapgoods.com

Rich Hooper
Secretary
rch2r@virginia.edu

Fulton Gaylord
Vice President
fulton@kw.com

Sue Friedman
Director/Contract Review
sue_friedman@hotmail.com

Scott Elliff
Treasurer
scottelliff@gmail.com

Carmine Covais
Director/ARB
covais01@comcast.net

FOREST LAKES COMMUNITY ASSOCIATION
OFFICE HOURS

MONDAY-FRIDAY - 9:00AM-5:00PM

TELEPHONE- 973-4596 FAX - 973-1344
MANAGER@FORESTLAKES.NET

KEEPING IN THE LOOP

DOES YOUR MAILBOX NEED HELP?

Tis the season for mailboxes to fade, peel and get discolored and the posts to rot, mildew, peel or lean the wrong way. Check your mailboxes today to see if they have seen better days. If they need some sprucing up and you don't want to do it yourself, there are two Forest Lakes residents who will be glad to help. Please call John Schmidt at 996-6041/ jpsbks@gmail.com or Dick Billings at 960-4999/dick. billings@gmail.com

SUMMER SAFETY

Seems every summer one or two of our Forest Lakes neighborhoods has a rash of car thefts. Please remember to keep your car doors locked if they are left out in your driveway or street. Do not leave anything of value in your car, especially where someone can see it and be tempted. Should your car be broken into, please report it to the police.

POOL SEASON IS HERE!

Pools opened Memorial Day weekend to very hot temperatures and very cold water! Due to a chemical imbalance, the South Pool was cloudy and the deep end had to be closed because the lifeguards could not see the bottom. Douglas Aquatics, our pool contractors, apologize and thank the residents for their patience and understanding. Residents, please remember to bring your pool cards with you to the pool. No card = no entry!

FLCA MONTHLY BOARD MEETING

The next Board Meeting will be Wednesday, June 22nd, 2016 at 6pm at the North Pavilion.

Please note that the topics for the meeting can change. The Agenda for the meeting is available one week prior to the meeting at the association office and webpage.

TENNIS COURT CONSTRUCTION

The South tennis courts continue to be under renovation. The weather has delayed the process and likely finish time will run into July. Asphalt has been poured on the courts and will have a curing time of approximately 30 days. Please stay off of the courts – no bikes, pets, balls, etc.! Thank you!

FOREST LAKES FARMER'S MARKET

The Farmer's Market continues on Tuesdays from 4:00-7:00pm at the South facility. As the season gets warmer, more and more fresh produce will be available. Visit the Market this Tuesday for all sorts of goodies!

What are your kids doing this summer?

Join the Fun.

Visit our web site: ***https://forestlakesswimteam.wordpress.com*** for more information

Send inquires for specific questions to flsthurricanes@gmail.com

Forest Lakes Tropical Storms

Swimming Up To Hurricanes

Register online at forestlakesswimteam.wordpress.com

Starts June 20th – July 21st

The Tropical Storms is a five week development program of the Forest Lakes Hurricanes Swim Team (FLST). It is designed to be an introduction to the competitive swim team. This program will provide the basics of competitive swim strokes. This program is not a substitute for swim lessons.

Tropical Storms are for children 4 years old and all new swimmers under 7 years old.

The program will introduce young swimmers to the swim team style of swimming and advance them to be able to swim at least 1 pool length (25 meters) of Freestyle and Backstroke. This 45-minute practice is intended to be an introduction to the swim team. The Tropical Storms goal is to encourage as many young swimmers to enjoy the swimming sport in a fun and friendly environment. They will practice 3 times a week, Monday, Tuesday, Thursday from 12:00–12:45 at the South Pool.

Spread the word

Please share this information with your new neighbors and friends who might be interested in learning more about the 2016 FLST season and programs. Please use flsthurricanes@gmail.com to request specific information and to be added to our email distribution for the 2016 season.

The Neighborhood Page

LOST SOMETHING? FOUND SOMETHING? The FLCA office continuously receives lost items found around Forest Lakes, in the Fitness Center, at the pools, on the trails. If you've lost something, check with us! If you've found something, bring it to us! 973-4596

Is your neighborhood having a get together? **DO YOU HAVE SOMETHING TO SELL? Are you having a garage sale soon?**

Renting your house? **Looking for something special?** Welcome to The Neighborhood Page! This page is open to all Forest Lakes residents to "advertise" for free. Professional service ads are not accepted on this page. For information call the FLCA office, 973-4596, and ask for Tamera or email her at thammond@forestlakes.net

FOREST LAKES

2016 Summer Junior Tennis Camp Rates			
	8 weeks (plus free week)	**4 weeks**	**1 week**
Basic Program One Child	$250	$150	$60
1 hour x 4 days (M, Tu, W and F)	4 hours weekly 32 total hours	4 hours weekly 16 total hours	4 total hours
Upgrade One Child	$350	$225	$90
2 hours x 4 days (M, Tu, W and F)	8 hours weekly 56 total hours	8 hours weekly 28 total hours	8 total hours
Heavy Duty Upgrade One Child	$425	$275	$120
3 hours x 4 days (M, Tu, W and F)	12 hours weekly 96 total hours	12 hours weekly 48 total hours	12 total hours
Multiple child discount:			
Second child	Take 10% off of the lower charge		
Third child	Take an additional 15% of the next lower charge		
Fourth child	Take an additional 20% of the next lower charge		

Jim Labinski
Tennis Director
Forest Lakes
Cell: 434.249.6420
Email: zentennis929@gmail.com

Forest Lakes
Summer Tennis Camp
2016

T-shirts to all participants registered for full and half sessions.

Qualifying participants* of the Forest Lakes Summer 2016 Junior Tennis Camp are eligible to compete in the Jefferson Tennis League matches against area clubs on Thursday afternoons.

When registering for half sessions, you may do so in non-consecutive weeks should your schedule demand it. An extra week has been built into the program to allow for full completion of sessions. When signing up for the full session, you get nine weeks for the price of eight.

** = To play in the JTL matches, players must be able to hit 6 of 10 serves in, know how to score, and be able to sustain a rally of ten balls.*

Jim Labinski
Tennis Director
Forest Lakes
Cell: 434.249.6420
Email: zentennis929@gmail.com

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Forest Lakes Tennis—Summer 2016 Junior Tennis Camp Registration

Players must be FOREST LAKES residents

Name _____ Age _____ Tee Shirt Size: yS yM yL aS aM aL aXL 4 weeks 8 weeks
Name _____ Age _____ Tee Shirt Size: yS yM yL aS aM aL aXL 4 weeks 8 weeks
Name _____ Age _____ Tee Shirt Size: yS yM yL aS aM aL aXL 4 weeks 8 weeks
Name _____ Age_____ Tee Shirt Size: yS yM yL aS aM aL aXL 4 weeks 8 weeks

Parent Name _____ Phone _____ Email _____

Emergency contact information: _____

Pertinent medical information: _____

Please return w/ check payable to **Forest Lakes Tennis** or **Jim Labinski** to Pro Shop/Forest Lakes North.
1818 Pavilion Circle, Charlottesville, VA, 22911

June 2016

From the desk of Jim Labinski, Forest Lakes Director of Tennis

Dear Forest Lakes Residents,

School's out and a busy summer of tennis is just around the corner.

I want to remind all residents that the courts are for tennis! Not for training your dog. Not for dumping your dog's doo doo. Not for changing your baby's diapers. Not for depositing your baby's soiled diapers. Not for soccer. Not for baseball batting practice. Not eating your lunch. Not for stick ball. Not for loitering. Not for listening to the latest heavy metal release. Not for cussing up a storm. The tennis courts are for tennis!

The Spring USTA team seasons are coming to a close over the next couple of weeks. The reconstruction of the South hard courts is going well, albeit delayed due to the wet weather in May. The men's and women's singles ladders have been rebooted for this tennis season. And tennis remains a very popular activity for Forest Lakes families. All of this contributes to a high demand for court time at the North Clay Tech courts.

I advised all players to sign up for courts on the Court Reservation clip board at the entrance to the Pro Shop. Please respect the "This court is reserved…" flyers that are posted at the entrance to the courts at various times. Respect the next group of players that will use the court by brushing and lining the courts after you have finished your playing session. Please hang up all brushes and liners on the fence after you finished grooming your court. Please do not allow young children to use or play with the liners and brushes. Their "artwork" is not appreciated by the tennis faithful.

The very popular Forest Lakes Summer Junior Tennis Camp gets underway on June 13. Sign up information is available at the FLCA website or at the Pro Shop. I can also forward the information and answer questions, just contact me via my email below, or stop by the courts and see me.

All tennis players should note that the Junior Camp will use four courts from 9:30 am-3 pm every Monday, Tuesday, Wednesday and Friday. Thursday is match day, with some matches using all six of the North courts from 1-3:30 pm. (Many of the Thursday matches are at other facilities around town.) All Junior Camp activity will temporarily move to the South courts when that construction project has been completed. The Junior Camp will return to the North courts after the repair work has been completed there.

There will be some evening and Thursday morning adult instructional and training offerings beginning later this month. I am also available for group and private lessons by appointment. I am also stocking up on close out rackets, and have a wide selection of strings and grips in the Pro Shop. Contact me for details.

Suffice to say, it will be an interesting, but exciting, month or two ahead when it comes to playing tennis at Forest Lakes. Please plan ahead, and have patience.

I am looking forward to the new and improved courts at both Forest Lakes tennis sites. I hope the residents of Forest Lakes will take pride in the appearance and condition of the new and improved amenities.

Keep our courts clean and have a great time playing on them.

Thank you for your support,

Jim Labinski
Tennis Director
Forest Lakes
Cell: 434.249.6420
Email: zentennis929@gmail.com

NORTH AND SOUTH POOL HOURS

Summer 2016

REGULAR POOL HOURS

NORTH POOL
10am – 9pm Daily

SOUTH POOL
12pm – 9pm Mon. – Fri.
11am – 9pm Weekends

****POOL HOURS DURING SCHOOL DAYS (through June 7th)****

North Pool
4:30pm – 8:00pm Mon – Thursday
4:30pm -9:00pm – Friday
10:00am – 9:00pm Saturday
10:00am; - 8:00pm Sunday

South Pool
10am -3pm and 6pm – 8pm Mon – Fri*
Open regular weekend hours

* During school days, the South pool will close from 3:00 - 6:00pm for Swim Team Practice.

GUEST FEES

$3 per person Weekdays
$5 per person Weekends/Holidays

10 punch pass $20.00
No charge for children aged 2 & under.

Three (3) guests allowed per adult resident.
Two (2) guests allowed per youth card holder.

ADULT EARLY MORNING LAP SWIM – SOUTH POOL

Tuesdays and Fridays
6:30am – 7:30am

Begins Tuesday, June 7th
Forest Lakes Residents Only
Please bring your Poolcard

***ALL* RESIDENTS *MUST* SHOW THEIR POOL CARDS AND SIGN-IN WHEN ENTERING POOL AREA**

ABOUT YOUR POOL CARDS.....
The Forest Lakes Swim & Tennis Facilities are open to all Forest Lakes residents. All adult residents and dependents that are rising 6th grade and above will be issued pool cards which *must* be presented upon entering the pool area. Children below the 6th grade *must* be accompanied to the pool by a parent or responsible resident (age 15 or older). All residents *must* sign in and show their pool card upon entering the pool.

FITNESS AT FOREST LAKES

FOREST LAKES FITNESS CLASS SCHEDULE
June 2016

GENERAL FITNESS

Tuesday/Thursday

6:00 – 6:45am	Boot Camp Beth Solak
11:30 am – 12:15pm	Boot Camp Beth Solak
9:15 - 10:15am	Women's Strength & Conditioning Randi Marshall

SENIOR FITNESS

Fridays

10:00 - 11:00am	Fusion Fitness Fun for Seniors Antje Waxman

CORE BARRE

5:00 – 6:00pm	Monday/Thursday Suzette Buck
7:30-8:30pm	Monday Suzette Buck

PILATES PLUS

Monday/Wednesday

9:30-10:30am	Pilates + Intermediate Level Kiersten Shue

NOTE: Pilates classes will go through June 1 and then off for the summer!

YOGA

Monday

6:15 -7:15pm	Tech and Flow I Karen Schultz

Wednesday

6:15 -7:15pm	Tech and Flow I Karen Schultz

The Forest Lakes Fitness Center is located at the South Pool area, 1650 Ashwood Boulevard. It is open to all Forest Lakes residents 7 days per week, 24 hours a day. Key access cards are assigned to each home. Please remember that children under 12 years old are not permitted to use the fitness center equipment and are not allowed in the gym. Children ages 12-15 may use the equipment ONLY if being directly supervised by a parent or adult. Youth ages 16-18 may use the equipment independently provided they follow posted policies. Please respect the equipment and fellow gym patrons. Thank you for your cooperation.

FITNESS AT FOREST LAKES

GENERAL FITNESS

For the **Strength and Conditioning** class, contact ACE certified personal trainer Randi Marshall at 960-1168 or email her at: rsrmarshall31@embarqmail.com.
An exercise ball is required.

Boot Camp Fitness Get your day off to a great start. All levels (and genders) welcome. My Boot camp is a small group class that mixes traditional calisthenics with body weight exercises, interval training and strength training. A wide variety of different exercises with little rest in between = maximum results. Get fit, have fun and make friends in an environment that encourages but does not intimidate! We will hold the class outdoors when the light/weather cooperate and move inside when necessary. First class is free! Drop-ins are welcome. Individual classes are $12, 5 for $50. Please bring a water bottle and towel. I am an ACE Certified Personal Trainer and Health Coach since 2002. For more information or to register please contact Beth Solak @ 845-269-0490 or Beth@Dontjoinagym.com or visit www.dontjoinagym.com.

YOGA

Tech and Flow I – A meditative flow of yoga moves concentrating on alignment and technique.
For more details and to register, contact Karen @ 434.962.2208. Yoga Certification: International Yoga Institute; ACE Personal Trainer Certification; ACE Group Fitness Certification. Teaching since 1986.

FUSION-FITNESS FUN CLASS FOR SENIORS

A custom-designed class for seniors that delivers a safe, effective, grounded cardiovascular workout combining movement forms from Jazz Dance, Irish Dance, Latin Dance, Line Dance and other International dance. This class allows students to move safely based upon each person's ability and focuses on mobility, balance and flexibility. All movements are easy to follow. For all fitness levels, no prior training is necessary. If you want to work out and have fun – this is the place to be! $14/class, drop-ins are welcome, first class is complementary. Call Antje Waxman for more information at 296-5909.

CORE BARRE

Core Barre is a high energy, low impact, fat burning workout. Its focus is on intensive movements that sculpt the thighs, tone and firm the glutes, flatten the abdominals and define the arms. Focused and isolated stretching to lengthen, tone and increase joint flexibility compliments a total body workout. It incorporates current principles of pilates, ballet and general fitness concepts and is available to all fitness levels for those that safely want to change their appearance and have fun doing so. Classes are 55 minutes long, First Class is Free! Individual classes Are $20, 10 pack for $150. No experience is necessary. For more information, contact Suzette Buck at 531.8596 or playtolearn@earthlink.net.

PILATES PLUS (Intermediate)

Practitioners are familiar with the principals of alignment and how to use the breath to release tension and recruit deep support muscle. Movements will be multidirectional and often more free support of the torso is required. My background is gymnastics and dance and my certifications are many, so I tend to mesh the familiar, precise repertoire with balance and more adventurous challenges to include balance and play.
10x = $150.00 - 5x = $90.00 - 1 x = $20.00

I honor unique goals and needs by tailoring each class for the participants coming, so introduce yourself: kierstenshue@gmail.com and let me know when to expect you: www.signupgenius.com (creator: Kiersten Shue).

Whether you are buying or selling your home in Forest Lakes, trust the Realtor who knows our neighborhood!

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Are you a crafter or do you want to be? Looking for something different to do for a girl's night out or a teen or tween-ager's birthday party? Want to learn some new crafting techniques? Interested in scrapbooking or Project Life?

Hi! I'm Marcy Jahn, a Forest Lakes resident for 13 years. I recently became an Independent Stampin' Up! Demonstrator and would love the chance to introduce you to our fantastic line of products!

Contact me to set up a workshop, party or class!

Or, if you're interested in trying some of the best crafting products on the market, you can shop with me 24/7 on my website! (Purchase something by 6/22 using Hostess Code 7XM7TT9M and be entered into a drawing for a fantastic prize! Congratulations to May's winner!!)

Giving something handmade is so special. Let me help you create that perfect card or gift for someone!

Ask me about Paper Pumpkin – It's great for beginners, seasoned crafters and everyone in between!

marcyjahn.stampinup.net
marcyscraftroom@gmail.com
marcyscraftroom.blogspot.com
434-249-9661

inspire.create.share.®

The next generation of Flea and Tick prevention is here!

We now have FDA approved Nexgard beef flavored chewables. It starts by causing uncontrolled activity in the flea and tick central nervous system, causing them to die within 2 - 4 hours. Nexgard is easy to administer, it won't wash off like topicals (making it hard to bathe when needed) and dogs love it! We also carry Seresto collar for Felines and Canines. We recommend keeping Your pet on monthly flea and tick as well as Heartworm prevention year around. **Call Us today to make an appointment or for more information 434-975-6006**

Services offered include: annual vaccinations, pet dentistry, wellness check-ups & screening, in house blood work, digital x-rays, routine & emergency surgeries.

Forest Lakes Veterinary Clinic
3440 Seminole Trail, Suite 102,
Charlottesville, VA 22911
(434) 975-6006
www.forestlakesveterinaryclinic.com
www.facebook.com/ForestLakesVetClinic

We now accept Care Credit. Be sure to ask about our military discount!

MICHIEHAMLETT
ATTORNEYS AT LAW

Greg Webb
Personal Injury Attorney
MichieHamlett
500 Court Square, Suite 300
Charlottesville, Virginia 22902
Direct: 434-951-7237
gwebb@michiehamlett.com

Forest Lakes resident since 1998.

MichieHamlett has been helping clients for 70 years. The firm's three groups, Commercial, Personal Injury, and Personal Services, focus on domestic relations, estate planning, real estate, business, commercial litigation and personal injury law.

Best Lawyers in America,
Virginia Super Lawyers,
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FOREST LAKES COMMUNITY & SOCIAL EVENTS

FOREST LAKES COFFEE GROUP - THIRD THURSDAY OF EACH MONTH

June's Forest Lakes coffee is Thursday, June 16th at the North Pavilion from 10 am – 12 noon. This will be a social get together so please be sure to invite all your neighbors, new residents and friends to join us. We will enjoy coffee, teas, pastries and fresh fruit. Several of us enjoyed or May trip to The Market at Grelen and thought we should plan to do this again next spring. If you have any ideas or suggestions that you think the group might enjoy please come to our June coffee to share these with us. The pools are open so hope you enjoy a refreshing swim now and again! Take care. Sherry

BABYSITTERS/PET SITTERS

Need a sitter for a night out or a pet sitter for a weekend away? The Forest Lakes Office has a list on hand with names of residents who will be happy to help you out! Stop by the office for a copy of the list. This is for Forest Lakes residents use only!

BIBLE STUDY

The Bible Study group is taking a break for the summer. Look in the August newsletter for information on their fall start up.

NEIGHBORHOOD WATCH UPDATE

Thank you to those who have volunteered to be neighborhood block captains so far! Minimal work is involved – and thankfully we live in rather safe neighborhoods! The main focus for the block captain is to receive emails and notices about occurrences and alerts from the FLCA Office. The Block Captain, in turn, disseminates that information to the residents in their given neighborhood via email.

The search is still on for captains needed in the following neighborhoods:
Amberfield
Arbor Lake
Whispering Woods
Aspenwood I
Kernwood
Magnolia Bend
Pepperidge
Willow Bend

Please contact Tamera Hammond at the Forest Lakes Office at 973-4596 or thammond@forestlakes.net.

Thank you!

FOREST LAKES PLAYGROUPS!

Any moms and/or dads of Forest Lakes who would like to start a playgroup, meet at the playgrounds and do other fun things with your youngsters, please call Kate Syms. Kate is a resident of Forest Lakes and would love to organize playgroups and meetups with other Forest Lakes toddlers, moms and dads. Call her at 410-507-0301 or email her at ksyms82@gmail.com.

LOST AND FOUND

IF YOU HAVE LOST AN ITEM(S) PLEASE CONTACT THE FOREST LAKES OFFICE 973-4596. THERE'S A GOOD CHANCE SOMEONE HAS FOUND THE ITEM(S) AND TURNED THEM IN.

AD SPACE OFFERED...

The Forest Lakes Community Newsletter offers ad space in each monthly issue. The newsletter reaches 1400 households – all within five minutes of many businesses in Charlottesville and northern Albemarle County. The submission deadline for advertisements is the 23rd of each month. The newsletter is delivered the 1st weekend of every month.

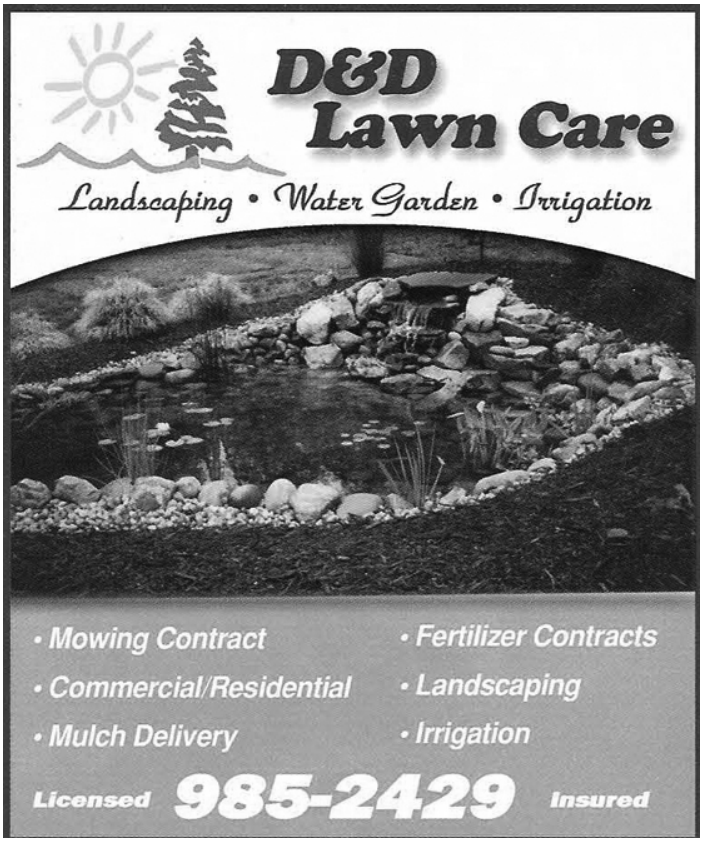
The prices are as follows:

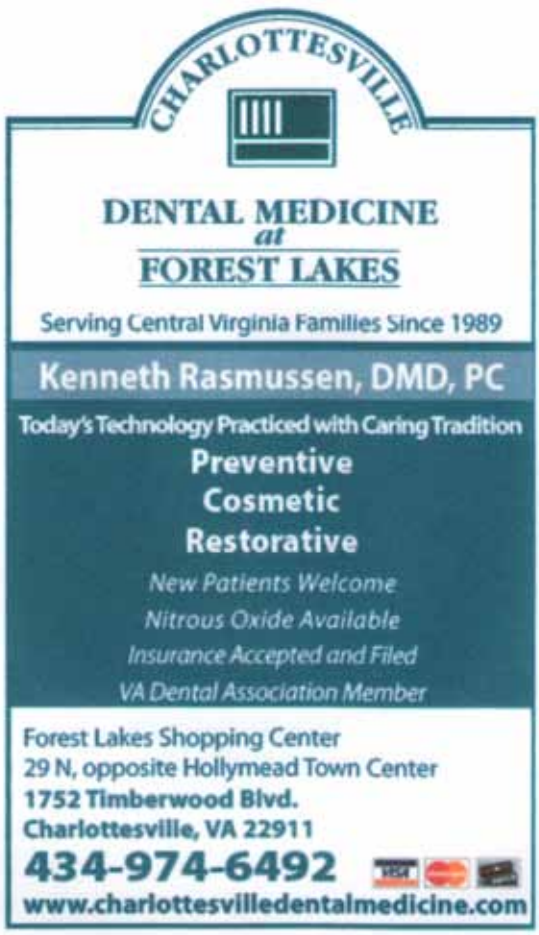
Business card - $20.00	Size - 3.5" wide x 2" tall
1/4 Page - $45.00	Size - 4" wide x 5" tall
1/2 Page - $75.00	Size - 7.5" wide x 5" tall
Full Page - $150.00	Size - 7.5" wide x 9.5" tall

A 10% discount is available for prepaid ads placed to run at least 3 months.

Ads are subject to approval by the Forest Lakes Community Association. Ads should be camera ready and preferably emailed to thammond@forestlakes.net. For further questions, please email or call 434-973-4596.

Disclaimer
The Forest Lakes Community Association, Inc. makes no representation or warranties, express or implied, as to the accuracy and or qualifications of any advertised service or product contained within this publication.





Forest Lakes Health Center

UNIVERSITY of VIRGINIA HEALTH SYSTEM

16-0826, 02/16

At Forest Lakes Health Center, we offer primary care and preventive health services for patients of all ages.

We are pleased to welcome new providers:

Ursulla Courtney, MD
Special Interest: Women's health

Christine Dubroff, MSN, FNP-C
Special Interests: Women's health, weight loss counseling and diabetes

Amy Lieser, MSN, FNP-C
Special Interest: Nutritional counseling

To make an appointment, please call **434.975.7700**.

RONALD MCDONALD HOUSE CHARITIES CHARLOTTESVILLE

Forest Lakes Summer Collection Drive for

The Ronald McDonald House

What is The Ronald McDonald House Charities of Charlottesville (RMHC-C)? RMHC-C exists to serve and sustain families when serious illness or injury strikes the most cherished part of their lives, their children. It is the only organization that provides a temporary home-away-from-home for families whose children are receiving treatment for a serious illness or injury in Charlottesville. The House is located on a quiet street within walking distance of the University of Virginia Medical Center.

During the month of June, we will have a collection box at the Forest Lakes North Office and at the Forest Lakes South Facility where you can drop off items of need. We are not accepting perishable food items for the collection drive. Items of need include: K-cup coffee (any brand/type), individual coffee creamers (i.e. Mini Moo's Half & Half), honey, sandwich sized Tupperware, cake mix, Mac & Cheese (individual microwavable bowls), oatmeal packets (variety, individual portion), individually serving size snacks (chips, pretzels, etc.), paper towels, hand soap, and travel sized toiletries (i.e. shampoo, conditioner, lotion). You can access a full wish list at: http://rmhcharlottesville.org/wishlist-2/

If a resident has a particular interest, there is an ongoing need for fresh food donations (i.e. bags of apples, strawberries) delivered directly to the House. They have a neighborhood that currently brings them milk, bread, eggs and butter weekly but they would also like to offer guests fresh fruit and veggies every week as well.

If you have any questions, or are interested in delivering fresh food donations, please contact Anna MacDonald at nytimestablet@gmail.com.

For most families who stay at the House it is stressful time in their lives, and it's the little acts of kindness that can help lessen their burden.

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- **Large & Small Tree Removal**
- **Pruning** *Remove unsightly or dangerous limbs.*
- **Topping** *Reduce tree canopy by up to 50%.*
- **Bush Trimming** *Trim hedges to your desired size and shape.*
- **Stump Grinding** *Roots and trunk are chipped.*
- **Hauling Debris** *Get rid of all that brush build-up!*
- **Tree Feeding** *Strategically placed fertilizing!*
- **Lot Clearing** *Start from scratch with a clean yard!*

BENEFITS

Personal Service
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TESTIMONIALS

"Took out a large oak tree, which was in a challenging location, next to a retaining wall and my house! Great work! Luke & team are highly skilled" -Katie B.

"Very good work, professionally done. I recommend Grubb Tree Service and would engage again." - Marie J.

"I'm a first time home buyer. Didn't realize how much work my relatively big yard would require. There were bushes and some unnecessary trees everywhere. Grubb Tree Service did excellent work." -David H.

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Angie's list

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DEPARTURE SCHEDULE			
A	Food Lion Forest Lakes	7:00am	8:00am
B	Hollymead Towncenter	7:05am	8:05am
C	UVA Ruffner Hall	7:30am	8:30am
D	UVA Hospital Jordan Hall Side	7:35am	8:35am
E	Downtown Library	7:45am	8:45am

RETURN SCHEDULE			
E	Downtown Library	4:40pm	5:20pm
F	UVA Hospital West Complex Side	4:50pm	5:30pm
G	Memorial Gym	5:00pm	5:35pm
A	Food Lion Forest Lakes	5:30pm	6:10pm
B	Hollymead Towncenter	5:35pm	6:15pm

Questions? Visit us at www.29express.org

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Kiwanis
Charlottesville

New Course Starts at Sutherland Middle School!

33nd Annual

INDEPENDENCE DAY 5K RUN

WHEN: Monday, July 4, 2016, at 7:30 a.m. **WHERE:** Forest Lakes Subdivision: Sutherland Middle School

Sponsored by BETTER LIVING **and Hosted by Kiwanis Club of Charlottesville and Charlottesville Track Club**

To Benefit Camp Holiday Trails
Over $125,000 has been donated to this charity over the years!

REGISTRATION INFORMATION

Fee: $25 CTC members, $26 non-CTC members, $20 Students, $30 all race day entries
Please make checks payable to: Kiwanis Club of Charlottesville

4 Ways to Register:
By Mail, prior to June 30: Kiwanis Club, 925 Dorchester Place #303, Charlottesville, VA 22911
Hand-Deliver, by 5 p.m. on July 2: Ragged Mountain Running Shop
Online: http://charlottesvilletrackclub.org
In-Person on Race Day, 6:30 a.m.: Sutherland Middle School Cafeteria, 2801 Powell Creek Drive

Award categories for all age groups, including the youngsters (10 & younger)!

"My 4th of July experience has been enriched over the years, thanks to this wonderful community event." ~ Mark Lorenzoni

For more information, call: 434.293.3367 (daytime, Mon-Fri) or 434.244.2909 (evenings)

Last Name: _____ **First Name:** _____

Address: _____ **City:** _____

State: _____ **Zip:** _____ **Daytime Phone:** _____ **Email** (optional): _____

Age on Race Day: _____ **Sex:** M F **T-Shirt Size:** Child S M L XL 2XL **CTC Member:** Y N

LIABILITY WAIVER MUST BE SIGNED
I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by all decisions of the race officials relative to my ability to complete the run safely. I assume all risks associated with running in this event, including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Kiwanis Club of Charlottesville, the Charlottesville Track Club, Forest Lakes Community Association, the County of Albemarle, all beneficiaries, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. Furthermore, I agree to be bound by the rules established with respect to this event. In consideration of the safety of all participants, I understand that absolutely no baby joggers, baby strollers, headphones, animals on leash, skateboard, skates, roller blades or bicycles are allowed on the course. In addition, I understand that if the race is canceled by circumstances beyond the control of the organizers, my entry fee will not be refunded.

SIGNATURE (Parent or Guardian, if under 18): _____ **Date:** _____

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- ❑ Have you claimed your Yelp page?
- ❑ Is your site Mobile Responsive?
- ❑ Are Google and Bing able to index your site so you show up?
- ❑ Can you keep your site from getting hacked?
- ❑ If it does get hacked, how will you get off of the Black Lists?
- ❑ Is your email secure and professional?
- ❑ How can I make my website more serious and show up better on Google?
- ❑ What about Facebook?

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