

# Forest Lakes Community News

August 2017

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- End of Summer Youth Tennis Pizza Party
- Bulk Pick Up/Shred Dates
- Tennis News (and Tournament Winners!)
- How to deal with black bears in Virginia
- School's In Party
- End of Season Pool Hours

## DIRECTOR'S LETTER

Summer has flown by—hard to believe it's almost behind us! Our pools will be closing on Labor Day, Monday, September 4th and school will be in session soon. Please see inside this newsletter for changing pool hours when school starts.

It is important to remind ourselves that with the start of school comes the added responsibility for all of us to drive with extra caution and to pay attention to school children as they wait at the bus stop and/or travel to and from school. Remember that speeding and failure to stop for stop signs presents a tremendous danger to everyone, especially our children. Please drive safely and responsibly!

The new Forest Grove neighborhood is almost complete, with only a handful of houses left on the market. A total of 68 homes will have been added to Forest Lakes with the completion of this new neighborhood.

Congratulations go out to the Forest Lakes Hurricanes for another great swim season—they remain in Tier 1 another year! Every home meet appeared to go well which speaks volumes about the coaching staff, organizers, volunteers and our lifeguards!

Have a safe and happy rest of your summer.

Sincerely,

Your Forest Lakes Board of Directors

Fulton Gaylord, *President*  
fulton@kw.com

Derek Duval, *Vice President*  
duvaltarheel@duvalsearch.com

Scott Elliff, *Treasurer*  
scott@ducardvineyards.com

Steve Janes, *Director/ARB*  
janes215@yahoo.com

Sue Friedman, *Director/  
Contract Review*  
sue\_friedman@hotmail.com

Carmine Covais, *Director*  
covais01@comcast.net

Jimmy Baranik, *Director*  
jbaranik@crutchfield.com

FUNCTION	PERSON/ORGINIZATION	CONTACT INFORMATION
FLCA Site Manager (dues, ARB, common ground maintenance requests, building rentals, pool, and other FLCA issues or questions).	Julia Stinnie, <i>Community Group, Inc.</i>	1828 Pavilion Circle Charlottesville, VA 22911 (434) 973-4596 Manager@foreslakes.net
After-hours emergencies involving common areas, buildings, or facilities	Community Group Emergency Hotline (call 911 also if necessary)	1-800-270-1800. Follow prompts for Homeowner Services; include your contact info and description
Arbor Lakes, Ashland, Willow Bend, Worth Crossing	Stephanie Crouch, <i>Real Property, Inc.</i>	Stephanie@realpropertyinc.com (434) 202-1852
Springridge	Mark Marshall, <i>Real Property, Inc.</i>	Mark@realpropertyinc.com (434) 202-1852
Ravenswood/Ravenscroft	James Watson, <i>Real Property, Inc.</i>	James@realpropertyinc.com (434) 202-1873
Gateway Village	Tim Durrer, <i>Community Group, Inc.</i>	tdurrer@gommunitygroup.com (434) 984-0700
Mailbox Nameplates and Repairs	John Schmidt Dick Billings	(434) 996-6041, jpsbks@gmail.com (434) 960-4999, dick.billings@gmail.com
Athletic Field Reservations	Tamera Hammond	thammond@forestlakes.net
Tennis Pro	Jim Labinski	Tennis Pro Shop (North): (434) 974-5567 Cell: (434) 249-6240 zentennis929@gmail.com 1818 Pavilion Circle Charlottesville, VA 22911
Webmaster	Tamera Hammond	thammond@forestlakes.net
Neighborhood Watch	Block Captains for each neighborhood	Contact the FLCA Office
<b>OTHER CONTACTS</b>		
Drivers/Car Licenses	Virginia Department of Motor Vehicles (DMV)	866-368-5463 www.dmvnow.com
Electricity	Dominion Virginia Power	(888) 667-3000
Roads and Signs, Snow Plowing	Virginia Department of Transportation (VDOT)	1-800-FOR-ROAD 800-367-7623
Trash removal	County Waste	(434) 296-6000
Water and Sewer	Albemarle County Service Authority	(434) 977-4511
Gas	City of Charlottesville	(434) 970-3211
Albemarle County Police Non-Emergency		(434) 977-9041

# Keeping in the Loop

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## EARLY MORNING SWIM

Please note that the early morning swim at the south pool ended on Friday, August 4th.

## FARMER'S MARKET

The Forest Lakes Farmer's Market will continue through October. Visit the Market every Tuesday afternoon at the South Pool parking lot from 4:00 pm -7:00 pm. Lots of fresh produce, ice cream, and more!

## SIGNS IN FOREST LAKES

Residents may put up garage sale signs the night before a sale, but please make sure you take them down when the sale is over! No other signs can be posted on common areas, unless approved by the FLCA. Please help keep our neighborhoods looking clean and uncluttered!

## SUMMER YOUTH TENNIS—END OF YEAR PIZZA PARTY

For those of you who attended all or part of the youth summer tennis camp this summer, the end of the year pizza party will be at the North Pool porch on Friday, August 11th at 3:00. Come by, have some pizza and treats, and grab a t-shirt if you didn't get one. Coach Jim hopes to see you there!

## MARK YOUR CALENDARS FOR FALL BULK PICK UP AND SHRED DAY

Forest Lakes Shred Day is scheduled for Friday, October 13th from 10-2pm at the North Pool parking lot. Bulk pick up will be on Saturday, October 14th. Details will be in next month's newsletter.

### FOREST LAKES COMMUNITY ASSOCIATION OFFICE HOURS

Monday–Friday: 9:00am–5:00pm

**Telephone:** (434) 973-4596

**Fax:** (434) 973-1344

**Email:** [manager@forestlakes.net](mailto:manager@forestlakes.net)

# Neighborhood Notes

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## 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](mailto:ksyms82@gmail.com).

## BIBLE STUDY BEGINS AGAIN SEPTEMBER, 6

Bible Study is held every Wednesday from 10:00 – 11:00 am at the North Pavilion. Come join us as we follow the missionary journeys of Paul. Our group will be led by Revered Dave Johnson. Any questions please call Becky Rohrback at 434.202.1371. Hope to see you there!

## 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!

## COFFEE GROUP

There is no coffee group scheduled for August as many are vacationing. In September, we will carpool to the Market at Grelen to shop for fall flowers and enjoy lunch. We look forward to seeing everyone again and remember to invite your neighbors and any new residents. For questions, please contact Sherry Sinard at: [ssinard@comcast.net](mailto:ssinard@comcast.net).

## FLCA MONTHLY BOARD MEETING

The next regular Board Meeting will be on Wednesday, August 23rd at 6:00 pm 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 on the webpage.

## LOST SOMETHING? FOUND SOMETHING?

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

# **From the desk of Tennis Director, Jim Labinski**

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## **The HEAT continues, so does the Summer Tennis Camp**

The mantra that I try to instill in the tennis players when the heat is getting to them: “It’s not that bad.” Of course, pre-hydration, hydration, shade breaks, caution and some common sense are always practiced.

I am truly amazed at the stamina and energy of our young tennis players at Forest Lakes. I have some players that are out on the courts for three hours a day! There are still two weeks remaining. Contact me if your child wants to get in a couple of weeks of instruction and fun before heading back to school.

The Forest Lakes Junior Tennis Camp concludes with a Pizza Party on August 11, at 3 pm. All players that have taken part in the Tennis Camp are invited to the Pool House deck for pizza and lemonade.

**Parent/Child July Fourth recap** – see photos on reverse side.

## **...and ZEN you crush it! The T-shirts are in!**

All youth that take four weeks or more of the summer tennis camp get a free t-shirt. The t-shirts have come in and this year’s model is awesome—the best one yet! If you haven’t received your t-shirt, stop by and see me at the Pro Shop.

## **Court report**

Some people still have been leaving their court ungroomed after play. It drives me nuts! Brush your court and line it when you are finished. Please respect the players that come on the courts after you are finished. Thank you.

Also, pick up after yourselves! It amazes me that a simple 4.5-ounce paper cup ends up on the ground after it has been used. How much energy does it take to walk two steps and place it in the garbage can? What really freaks me out is how a cup ends up outside the courts on the grass or in the parking lot. Simple solution: Drink your water, and ZEN crush the cup and throw it away!

See you on the courts,

Jim Labinski  
434.249.6420 (Cell)  
zentennis929@gmail.com

# Fourth of July Tennis Tourney Winners!

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## FIRST PLACE PARENT/CHILD

Derek and Landon Duval



## SECOND PLACE PARENT/CHILD

John Oliver and Sam Harrison

# Forest Lakes Fitness Class Schedule August 2017

## GENERAL FITNESS

### Tuesday/Thursday

6:00–7:00 am	Boot Camp Beth Solak
9:15–10:15 am	Women's Strength and Conditioning Randi Marshall

## SENIOR FITNESS

### Fridays

10:00–11:00 am	Smovey Antje Waxman
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## CORE BARRE

### Monday/Thursday

5:00–6:00 pm	Suzette Buck
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### Monday

7:30–8:30 pm	Suzette Buck
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## YOGA

### Monday

6:15–7:15 pm	Tech and Flow I Karen Schultz
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### Wednesday

6:15–7:15 pm	Tech and Flow I Karen Schultz
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## KARATE

### Tuesday

5:00 –6:00 pm	Intro to Okinawan Karate Youth ages 8-12
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6:00-7:00pm	Intro to Okinawan Karate Adults and Youth ages 13 and up
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### Wednesday

4:30–5:15 pm	Intro to Okinawan Karate Youth ages 8-12
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5:15–6:00 pm	Intro to Okinawan Karate Adults and Youth ages 13 and up
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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.

## 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](mailto: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](mailto:Beth@Dontjoinagym.com) or visit [www.dontjoinagym.com](http://www.dontjoinagym.com).

## 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](mailto:playtolearn@earthlink.net).

## KARATE

Goals of the youth program are to introduce youth to an organized study of classical Okinawan Karate, help them develop an understanding of self-defense based on situational awareness and teach techniques for development of self-confidence leading to a greatly reduced risk of victimization.

Both classes will provide students with several easily executed self-defense techniques that will safely neutralize the threat.

Instructor Soke, Ron Craddock is a 10th Degree Black Belt and Head of the United States Shinki Ryu Karate Federation, 9th Degree Black Belt in Okinawa Ryukyu Kempo, 8th Degree Black Belt in American Kuen Sow Chinese Martial Arts and a Virginia State Certified Master Police Defense Tactics Instructor. He has been teaching Martial Arts since 1976, and was inducted into Martial Arts Hall of Fame in 2011. He has worked extensively with rape and abuse victims and is the creator of the Women's Awareness, Prevention, Defense Program Taught locally since 1983.

To register and inquire, please visit Mr. Craddock's website at [Zionskarate.com](http://Zionskarate.com) You can also speak to him directly at 434.996.4678

## 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.

## SMOVEY: SWING, MOVE AND SMILE!

Smovey is a dynamic fitness from Austria that is like no other! Smovey provides a dynamic upper and lower body workout that gets you fit while stabilizing your back and spine. It cannot only help you improve your health, balance, posture, coordination, mobility and strength but you will also absorb the healing frequencies from the Smovey through your reflexology zones of your hands. It burns fat and uses 97% of the body's muscles. The Smoveys are 2 spiraled, grooved tubes containing 4 rolling steel balls inside corrugated tubes. Swinging motion produces vibrations in the palms of the hands benefiting the musculo-skeletal and nervous system.

Join Antje Waxman for a fun class and leave the class relaxed and reenergized like never 4class.

For more information please contact Antje Waxman (434) 227 0483 or [antjewaxman@gmail.com](mailto:antjewaxman@gmail.com). Please reserve your spot as space is limited!

Antje Waxman is a certified Posture Alignment Specialist, Smovey Coach, Nordic Walking and Nia instructor.



## Your Role

**Prevention and cooperation!** You can help manage the Commonwealth's black bear population by keeping your property clear of food attractants and **communicating with your neighbors** to resolve community bear concerns. Remember, it is illegal to deliberately feed bears on both public and private lands. Even the inadvertent feeding of problem bears is illegal. (4 VAC 15-40-282)

**Respect the bear's space!** If a bear is on or near your property, do not escalate the situation by approaching, crowding around, or chasing the bear. This also applies to bears that have climbed up a tree. The best thing you can do is **leave it alone**. Because bears are naturally afraid of humans, a bear that feels cornered will be looking for an escape route. By keeping people and pets away from the bear, you give it the best chance to come down from the tree and leave your property on its own.

**Report unresolved problems or damage.** If you experience a bear problem after taking appropriate steps of prevention, you may seek additional assistance by contacting the Department of Game and Inland Fisheries or local law enforcement.



## The Department's Role

The Virginia Department of Game and Inland Fisheries has established nuisance bear guidelines that promote public safety, protect property, and conserve bear populations. Whenever possible, the Department's approach to managing problem bears encourages the coexistence of bears and humans. The specific response to nuisance bear problems is determined by public concerns, public safety, type and extent of damage, black bear biology, animal welfare, and available control methods.

When you call the Department, an employee will discuss the problem with you. In most cases, a telephone call will be all that is necessary to find successful solutions (usually the removal of attractants). At times, a Department employee may visit your property to discuss additional options.

**For more information, please see our website:**

<http://www.dgif.virginia.gov/wildlife/bear/>

### Contact Numbers:

Game Warden Dispatch	(804) 367-1258
Charles City - Region 1	(804) 829-6580
Forest - Region 2	(434) 525-7522
Marion - Region 3	(276) 783-4860
Verona - Region 4	(540) 248-9360
Fredericksburg - Region 5	(540) 899-4169

Virginia Department of Game and Inland Fisheries 6/21/07

# LIVING WITH BLACK BEARS IN VIRGINIA



# YOU ARE IN BEAR COUNTRY

As Virginia's black bear population grows and expands, black bears are becoming an increasingly common sight across the Commonwealth. Additionally, human populations are also growing and spreading across most areas of Virginia.

Black bears and human populations commonly coexist in many parts of North America. Black bears occur throughout most of the Commonwealth, and residential areas of Virginia are encroaching into forested lands and habitats commonly used by wildlife.

Many people enjoy the opportunity to see bears in the wild. However, when human-related foods become available to bears, problems may occur.

Residents and visitors to Virginia can minimize negative interactions with bears by following some simple guidelines.

**Let's work together to keep Virginia's wildlife truly wild!**



## Residential Bear Problems

Bears are highly adaptable, intelligent animals and may learn to associate human dwellings with food. Bears are attracted to residential areas by the smell of food around homes.

The most common food attractants are bird feeders, garbage, and pet food, but grills, livestock food, compost, and beehives can also attract bears.

Residential bear problems may occur at any time of year, but are more common when natural food supplies are limited, usually in spring or in years when nut and berry productions are low.

Most common bear problems have simple solutions. The typical problems involve turned-over garbage containers, trash littered across the yard, bears entering dog pens or coming onto porches to eat pet foods, or damaged birdfeeders. However, bears that learn to associate food with people can cause property damage in their search for food around houses.

If addressed quickly, problems are often resolved immediately. After a few failed attempts to find food, bears will usually leave the area and return to more normal wild food items.

If problems are ignored, property damage can not only get worse, but bears may lose their fear of humans. Bears habituated to humans pose public safety concerns and often need to be destroyed.

## You Can Prevent Nuisance Bear Problems

Black bears have a natural fear of humans, are shy, and usually avoid people. However, bears may be attracted to food sources in residential areas.

**Secure your garbage:** Store garbage indoors, in a shed, in a garage, or in a bear-proof container.

**Put garbage out in the morning** of pickup, not the night before.

**Take trash to the dump frequently.**

**Pick up pet food:** Feed pets only what they will eat in a single feeding or feed them indoors. Remove the food bowl soon after pets finish. Pick up uneaten food. Do not leave food out overnight.

**Remove the bird feeder:** Bears consume seeds and nuts found in the wild, so bird feeders become a favored target for bears.

**Clean the outdoor grill often.**

**Do not put meat scraps or any other strong-smelling food in the compost pile.**

Consider an enclosed compost bin.

**Pick up and remove ripe fruit** from fruit trees and surrounding grounds.

**Install electric fencing** to protect beehives, dumpsters, gardens, compost piles, or other potential food sources.

**Talk to your neighbors:** Make sure your neighbors and community are aware of the ways to prevent nuisance bear problems.

**Feeding Bears is Illegal**

**Never Intentionally Feed a Bear**



ZEN TENNIS AFTER SCHOOL PROGRAM AT FOREST LAKES  
 2017 FALL 10-WEEK Youth Tennis Program  
 BEGINS Tuesday, September 5, 2017  
 Jim Labinski, Tennis Pro (434) 249-6420  
[zentennis929@gmail.com](mailto:zentennis929@gmail.com)

Beginners I, II and III (Guidelines) Player has little or no experience. Beginner I is for very young players, Beginner II is for slightly older beginners. Beginners III is for beginners that are 12 or older.

Advanced Beginner (Guidelines) Player must be able to hit 10 balls in a row against backboard from 20 feet away (forehand & backhand), rally with partner from the baseline 10 balls in a row each, serve 5 of 10 balls into appropriate service box, know how to keep score, and play a complete tennis match.

Intermediate (Guidelines) Player must be able to hit 20 balls in a row against backboard from 20 feet away (forehand and backhand), rally from baseline with partner 30 balls in a row, serve 6 of 10 serves to each service box, and must have played at least 5 complete tennis matches. Player must exhibit proper stroke mechanics and grips for all shots and must know the rules of tennis.

Tournament Training (Guidelines) Player must be able to maintain a baseline rally of 40 balls, properly execute volleys and overheads, and be able to execute flat, slice and kick serves. Players should also be training for high school or tournament competition.

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
3:30-4:30	BEGINNER I AGES 4-7	BEGINNER II AGES 7-11	BEGINNER I AGES 4-7	BEGINNER II AGES 7-11	BEGINNER II Ages 7-11
4:30-5:30	ADV. BEG AGES 7-11	INTERMED. 4:30-6:00	ADV. BEG AGES 7-11	INTERMED. 4:30-6:00	ADV. BEG AGES 7-11
5:30-6:30	BEGINNER III & Adv. Beg. 12+	TOURN. TRAINING 6:00-7:30	BEGINNER III & Adv. Beg. 12+	TOURN. TRAINING 6:00-7:30	BEGINNER III & Adv. Beg. 12+

- MINIMUM OF 3 STUDENTS PER CLASS required

**PRICES**

**BEGINNER AND ADV. BEG.**

1 DAY PER WEEK	5 WEEKS	\$90
	10 WEEKS	\$135
2 DAYS PER WEEK	5 WEEKS	\$140
	10 WEEKS	\$210
3 DAYS PER WEEK	5 WEEKS	\$165
	10 WEEKS	\$270

**INTERMEDIATE AND TOURNAMENT**

2 DAYS PER WEEK	5 WEEKS	\$180
	10 WEEKS	\$300
1 DAY PER WEEK	5 WEEKS	\$105
	10 WEEKS	\$170

# PROGRAM REGISTRATION

## ZEN TENNIS AFTER SCHOOL PROGRAM AT FOREST LAKES 2017 FALL 10-WEEK Youth Tennis Program

<u>WEEK 1</u>	<u>WEEK 2</u>	<u>WEEK 3</u>	<u>WEEK 4</u>	<u>WEEK 5</u>	<u>WEEK 6</u>	<u>WEEK 7</u>	<u>WEEK 8</u>	<u>WEEK 9</u>	<u>WEEK 10</u>
Not 9/4# 9/5- 9/8	9/11- 9/15	9/18- 9/22	9/25- 9/29	10/2- 10/6	10/9- 10/13	10/16- 10/20	10/23- 10/27	10/30- 11/3	11/6- 11/10+ 11/13#

Make up weeks, if necessary, are 11/14-11/17, 11/20-11/24, and 11/27-12/1.

\*PLEASE  BOXES FOR WEEKS YOU ARE REGISTERING

NAME \_\_\_\_\_ AGE: \_\_\_\_ CLASS: \_\_\_\_\_ 5 WKS. 10 WKS.  
M T W Th F

NAME \_\_\_\_\_ AGE: \_\_\_\_ CLASS \_\_\_\_\_ 5 WKS. 10 WKS.  
M T W Th F

NAME \_\_\_\_\_ AGE: \_\_\_\_ CLASS \_\_\_\_\_ 5 WKS. 10 WKS.  
M T W Th F

PARENT NAME \_\_\_\_\_ PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

Reserve your place in this fall's tennis program in person, or with an email to Coach Jim at [zentennis929@gmail.com](mailto:zentennis929@gmail.com).

PLEASE RETURN W/ CHECK PAYABLE TO: **FOREST LAKES TENNIS** AT FL NORTH COURTS PRO SHOP

### PRICES

#### **BEGINNER AND ADV. BEG.**

1 DAY PER WEEK	5 WEEKS	\$90
	10 WEEKS	\$135
2 DAYS PER WEEK	5 WEEKS	\$140
	10 WEEKS	\$210
3 DAYS PER WEEK	5 WEEKS	\$165
	10 WEEKS	\$270

#### **INTERMEDIATE AND TOURNAMENT**

2 DAYS PER WEEK	5 WEEKS	\$180
	10 WEEKS	\$300
1 DAY PER WEEK	5 WEEKS	\$105
	10 WEEKS	\$170

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



Longtime Forest Lakes Resident

**Todd McGee**  
ASSOCIATE BROKER  
434.882.1327  
todd@nestrealty.com  
BuyCharlottesvilleHome.com



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.



Best Lawyers in America,  
Virginia Super Lawyers,  
Multi-Million Dollar Advocates Forum,  
Charlottesville's Best Lawyers  
Personal Injury Litigation - Plaintiffs  
Lawyer of the Year 2012.

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.

# **POOL HOURS - BEGINNING WEDNESDAY, AUGUST 23, 2017**

## **SOUTH POOL**

Monday - Thursday: 10:00am - 8:00pm  
Friday: 10:00am - 9:00pm  
Saturday: 12:00pm - 9:00pm  
Sunday: 11:00am - 8:00pm

## **NORTH POOL**

Monday - Thursday: 4:30pm - 8:00pm  
Friday: 4:30pm - 9:00pm  
Saturday: 10:00am - 9:00pm  
Sunday: 10:00am - 8:00pm

**Both pools will close for the season on Monday,  
September 4th at 7:00pm**





# **SCHOOL'S IN! POOL PARTY**

**Come celebrate the start of a new school year  
with your classmates!**

**Cupcakes, lemonade, music and treats!**

**Friday, August 25th  
7:00-9:00pm  
North Pool**

**All ages invited – parents come too!**



*"We climb to the top,  
so you don't have to!"*

# Grubb Tree

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## **RECOMMENDED SERVICES**

- **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**
- You now have a **dependable tree guy** that will show up on time and get the job done quickly, safely and correctly.
- Peace of Mind**
- We have a **\$1,000,000 Insurance Policy**
- 3 Month Follow Up**
- **We stay in touch**, so you don't have to worry about losing our number!

PRSR STD  
ECRWSS  
U.S. POSTAGE  
PAID  
EDDM RETAIL

## **TREE TOO DANGEROUS? NOT A PROBLEM!!**

We do dangerous and hazardous removal. Check out our POV Videos on our Facebook page or Youtube Channel.

Local  
Postal Customer

## **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.*

Want to see what we do first hand? Check out our POV Videos!



**Angie's list**



Open the door to your dream home  
today with Approved to Move™



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*Senior Loan Officer*

NMLS ID # 29846

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# NEW SCHEDULE!



**We heard you. The Ruffner wait is gone.**

**Get to work 5 minutes earlier.**

**Get home 8 minutes sooner.**

## DEPARTURE SCHEDULE

<b>A</b>	Food Lion Forest Lakes	7:00 am	8:00 am
<b>B</b>	Hollymead Towncenter	7:05 am	8:05 am
<b>C</b>	UVa Ruffner Hall	7:22 am	8:24 am
<b>D</b>	UVa Hospital Jordan Hall Side	7:30 am	8:30 am
<b>E</b>	Downtown Library	7:40 am	8:40 am

## RETURN SCHEDULE

<b>E</b>	Downtown Library	4:40 pm	5:20 pm
<b>F</b>	UVa Hospital West Complex Side	4:52 pm	5:30 pm
<b>G</b>	Memorial Gym	5:00 pm	5:35 pm
<b>A</b>	Food Lion Forest Lakes	5:20 pm	6:02 pm
<b>B</b>	Hollymead Towncenter	5:26 pm	6:07 pm

**Still free for UVa employees & students!**

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*~ Terumi and Greg Hong, Forest Lakes homeowners*

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# **Forest Lakes Golf Tourney**

**Sunday August 20<sup>th</sup>**

**Shotgun Start 1:00pm**

**Meadow Creek GC**

**\$60 per player - Captain's Choice**

**Includes food and beverages for your entire family; prizes, pool party after the round and a great way to meet some new neighbors. Please sign up as a foursome...but if you can't, I'll do my best to get you on a team. Teams should have at least 2 Forest Lakes residents, but the idea is to have fun and the more the merrier.**

**Name**

**Email**

<b>1.</b> _____	_____
<b>2.</b> _____	_____
<b>3.</b> _____	_____
<b>4.</b> _____	_____

**Send checks to Ron Morse 2697 Kendalwood Lane 22911 or  
email questions to: [bajabean@aol.com](mailto:bajabean@aol.com)**



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## AD SPACE OFFERED

The Forest Lakes Community Newsletter offers ad space in each monthly issue. 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:

	Price Per Month	Size (wide x tall)
Business card	\$20.00	3.5" x 2"
1/4 Page	\$45.00	4" x 5"
1/2 Page	\$75.00	7.5" x 5"
Full Page	\$150.00	7.5" x 9.5"

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 print ready and emailed as a PDF to [thammond@forestlakes.net](mailto:thammond@forestlakes.net). For further questions, please email or call (434) 973-4596.

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**Residents of Forest Lakes**



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## (434) 975-6006

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5.0 ★★★★★

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**Hyong Yi**

day ago

★★★★★ They were very professional in helping me navigate the world of creating a website for my book - 100 Love Notes - and making edits throughout the process as my needs changed. They work hard and have the best interests of the client at heart. Great people.



**Chris Bryan**

9 days ago

★★★★★ We had a fantastic experience with QuickFix as we relaunched our website. They were efficient, easy to work with, and very knowledgeable. Thanks from everyone here at Starlight Children's Foundation!



**QuickFix**

4.8 ★★★★★

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**John Nolan**

15 days ago

★★★★★ Remarkably responsive, flexible, and pleasant to work with in our web design process! Can't recommend Quick Fix highly enough.



**Peter Cormons**

16 days ago

★★★★★ QuickFix has been providing excellent IT services to our educational, non-profit organization for years, but recently they far exceeded our expectations. QuickFix donated time and expertise to help us achieve a major step toward keeping our organization modern and efficient. Thank you to Bryant, and the entire team, for setting us up with Office 365 and migrating our data! This would not have been possible without your expertise and generosity.