

The Quaker Hill Quill

MAY 2008

Swim Season Returns

The Quaker Hill community pool opens on Saturday, May 24, 2008. All Quaker Hill community residents (regardless of age) *must* have a pool pass. Pool information packets have been mailed and should have been received by now. If not, then contact Northern Virginia Management (NVM).

Residents who have photo IDs may obtain 2008 stickers for their pool passes by mailing/faxing the application form (contained in the information packet) to NVM. Stickers will be returned to you by mail. Residents may also bring the application to the Quaker Hill Community Center at the appointed times listed in the packet and receive 2008 stickers on the spot. Remember: Updated stickers must be affixed to your pool pass. Photo IDs without a 2008 sticker will not be honored.

Residents who need a photo ID may get one at the Community Center during the scheduled photo sessions. If you miss the photo sessions, then you will need to make arrangements with NVM to have your photo taken at their office in Annandale, Virginia.

A few important rules for use of the pool are highlighted here. The complete set of rules is posted on our Web site at www.QHCA.org.

Home Safety Tips While on Vacation

Each summer, millions of people decide to take a vacation. If you are planning a summer vacation, then consider more than just packing your bags and traveling to your destination. Think about the safety of your home as well.

Here are some basic home safety tips that you should consider including in your departure plans.



Vacation Checklist Items:

- Make sure all electrical appliances are turned off. Unplug televisions, computers, and appliances that are susceptible to lightning and power surges.
- Clean the refrigerator of all perishable foods and take out the garbage.
- Set timers on interior and exterior lights.
- Advise your home security company about your extended vacation plans.
- Store jewelry and valuable papers in a safe deposit box.
- Lock all windows and doors, including your garage door.
- Stop delivery of your mail and newspaper or arrange to have them picked up by a friend or trusted neighbor.
- Arrange for pet care.
- Leave your vacation address and telephone number with a trusted friend or neighbor so you can be reached in case of an emergency.
- Make arrangements to have your lawn mowed and your trash cans set out and retrieved on collection day.
- Ask a trusted neighbor or friend to keep an eye on your house.

Want to view past issues of our newsletter?
You can find them on our Web site www.QHCA.org.



Trash Disposal

Residents of single-family detached homes and townhomes are reminded that trash containers may not be placed outside earlier than 5:00 p.m. on the evening before collection and must be returned to storage not later than 7:00 p.m. on the day of collection. Please put your trash can out of view on non-pick up days.

The regular trash collection day is Tuesday. During a week when Monday or Tuesday is a holiday, you may call the City's Office of Solid Waste at (703) 751-5872 or check the city of Alexandria Web site at <http://ci.alexandria.va.us> for information on trash collection.

TMP

Ever wonder what the Transportation Management Program (TMP) is? As a condition of approval for a multifamily development project, the City of Alexandria requires most communities



to participate in a city-wide program that promotes the use of mass transit. Part of our monthly assessment fee funds this program. As a bonafide resident of Quaker Hill, you are eligible to purchase certain mass transit media at a reduced price. The type of media, the pricing and how to obtain them are published in this newsletter. It is an excellent benefit of living in this beautiful community!

Transit media are available for half-price through the Quaker Hill TMP. The Program offers:

ITEM	COST TO YOU
\$20.00 Metrorail farecards (limit 3 per household per week)	\$10.00
Metrobus tokens (20)	\$13.50
Alexandria DASH pass (1 month unlimited rides)	\$15.00

You can place an order for these items in one of the following ways:

1. Call Northern Virginia Management at (703) 941-9002
2. Email Northern Virginia Management — NVManagement@erols.com
3. Send your order by mail to:
Northern Virginia Management
4306 Evergreen Lane, Suite 101
Annandale, VA 22003

Northern Virginia Management will send out your media, along with an invoice and stamped, return addressed envelope. Northern Virginia Management will honor resident's requests to mail media on a scheduled basis. For example, if a resident uses the Metrorail passes on a regular basis, then we can arrange to send the passes each week or every other week. Please note that all orders must be paid before subsequent orders can be processed.

Quaker Hill Community Association People You Should Know

Board of Directors

Sam Hayes, President
Susan Thomas, Vice President
Marjorie Stein, Secretary
Rose Gillespie, Treasurer
Ed Lacy, Director

Committee Chairpersons

Covenants: Sharon Crosby
Landscape: Vacant
Newsletter/Web site: Rose Gillespie

Clubhouse Telephone

(703) 823-1911/1912

Northern Virginia Management

(703) 941-9002
NVManagement@erols.com
4306 Evergreen Lane, Suite 101
Annandale, Virginia 22003
Effective March 1, 2006

The Quaker Hill Community Association Board of Directors meets at 7:00 p.m. on the fourth Thursday of every month at the Quaker Hill clubhouse. Association members who wish to bring an issue before the Board should write to the Board in advance, c/o NVM, 4306 Evergreen Lane, Suite 101, Annandale, Virginia 22003, or call any Board member. Meeting date changes will be posted on the clubhouse bulletin board.

A Few Pool Rules to Remember!

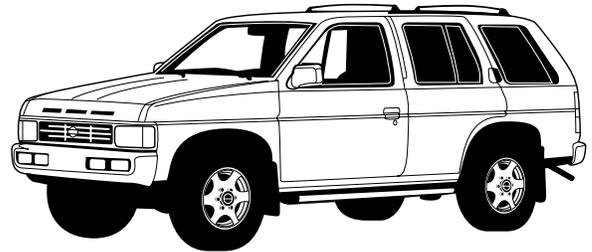
- Children under 12 years of age must be accompanied by an adult who is 18 years of age or by an authorized pool user who is 16 years of age, is a member of the same family, and resides at the same address.
- Swimmers must wear proper bathing attire. No cut-offs, jeans, or similar clothing.
- No running, pushing, wrestling, dunking, standing or sitting on another's shoulders.
- No screaming, profanity, or other boisterous behavior in the pool area or building. Remember this is a residential community.
- Keep the facility clean by placing refuse in trash receptacles.



Visitor Parking Restrictions

Summer is fast approaching and you may have visitors on the way! Here is a quick reminder about visitor parking restrictions and the consequences of misusing visitor parking:

- No vehicle may be parked in a space reserved for visitors and guests for a period of seven (7) consecutive days OR more than a total of seven (7) days in a calendar month.
- Any vehicle parked in violation of either of the seven-day limits shall be subject to towing forty eight (48) hours from the hour such vehicle is served with a notice of intent to tow. Any vehicle previously served with a notice of violation shall be subject to immediate towing without further notice for a repetition of the same violation.
- If you anticipate the need for an extension of the seven-day parking limit, then contact NVM to request a special pass, which may be approved by the managing agent or the Board of Directors.



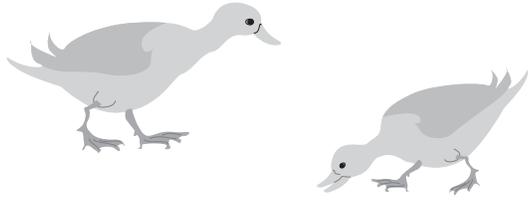
Other Parking Restrictions

Any vehicle deemed to be derelict or a nuisance, any prohibited vehicle, or any vehicle that does not exhibit a current city or state license, registration, sticker or certification, will be subject to towing seventy two (72) hours from the time the vehicle is served with a notice.

Parking on Quaker Hill Drive

Several years ago, in response to nonresidents parking on Quaker Hill Drive during the week, the City granted a request to restrict parking to area residents only. Be aware that residents who park their car for more than three (3) hours between 8 a.m. and 5 p.m., Monday through Friday, on Quaker Hill Drive, must obtain a parking permit. Cars without the permit are subject to ticketing and/or towing. Decal permits can be obtained through the City of Alexandria. The following information is from the City of Alexandria Web site:

Parking permit(s) can be obtained at the Treasury Division of the Finance Department, City Hall, Room 1510, 8:00 a.m. to 5:00 p.m., Monday through Friday. You must present proof of residency (e.g., copy of a lease) within the permit parking district for which you wish to obtain a permit. Vehicles must be registered to comply with personal property tax requirements and a City windshield decal must be obtained before a parking permit is issued. For information on how to register vehicles and to obtain the decal, please call the Personal Property Tax Office at 703-838-4560.



Feeding the Quaker Hill Ducks

Our resident ducks and visiting geese are wild breeds that are physically designed to eat foods that naturally grow in their environment in order to stay healthy and fit for flying. In addition to vegetation, ducks especially like earthworms, meal worms, slugs, bugs, and live snails. Many of us enjoy feeding our fowl friends bread, popcorn, chips, or other “treats” not found naturally in the environment. Unfortunately these treats don’t offer nutritional value and can be harmful to their health over the long term, leading to fatty internal organs and additional weight. Moreover, popcorn and seeds in seeded breads can cause painful digestive problems. So while we enjoy the beauty and presence of our pond’s wildlife, please keep in mind that their diet should consist mainly of foods found naturally in their environment.

Problem with Squirrels

A Quaker Hill homeowner reported having a problem with squirrels in her townhouse attic. After doing a fair amount of research on pest/wildlife control and removal options, the homeowner reports that the U.S. Humane Society’s Humane Wildlife Services program (1-866-9HUMANE) provided the most economical and professional service. It included a visit from a wildlife biologist who assessed the problem, repaired the damage, and sealed up the problem area. And, the Society provided a five-year guarantee. The resident reported that an added benefit was the knowledge she gained about animal behavior.

Tot Lot Update

The community is in the process of removing the tot lot equipment. Because the equipment is anchored three feet into the ground, the most cost effective way to remove it is to detach the equipment at ground level. This method of removal does not allow the equipment to be reused safely or to be donated. The Board is looking into replanting the area with shrubs and/or trees.

Pond Dredging Update

After careful review of contractor proposals and related work experience, the Quaker Hill Board selected Environmental Quality Resources, Inc. (EQR) to dredge the pond. EQR has extensive experience in pond construction and maintenance, stream restoration, and wetlands enhancement in Virginia, Maryland, and the Delmarva Peninsula.

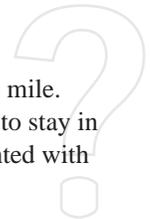
EQR submitted the required permit applications for maintenance dredging to the Virginia Department of Environmental Quality (DEQ) on April 10. The DEQ requires 5-7 business days to determine whether the application is complete and 45 calendar days to review the application prior to issuing permit authorization. During the review period, the Virginia Marine Resources Commission, the Virginia Department of Game and Inland Fisheries, and the U.S. Fish and Wildlife Service conduct concurrent reviews of the submitted permit application. The U.S. Army Corps of Engineers is not a regulating agency for the proposed dredging activity, but it does require notification because the Quaker Hill pond is classified as an “in-line pond.” (An in-line pond is one in which a stream runs through the pond facility.) This classification results from the U.S. Army Corps of Engineers’ designation of the pond and the original stream as “waters of the U.S.”

A copy of the permit application also was submitted to the City of Alexandria. The City reviews and responds to the application in 3-5 business days.

If DEQ does not issue or deny the permit to dredge the Quaker Hill pond within the 45-day review period, EQR is automatically authorized to perform the dredging. However, keep in mind that permitting agencies may reset the timeframe for review if additional information is needed and/or modifications to the permit are required. If all goes as planned, EQR estimates dredging could begin between mid June and mid July.

Did you know?

One lap around the pond equals one-fifth mile. Walking around the pond is an easy way to stay in shape, enjoy the scenery, and get acquainted with your neighbors.



Tips for Patio Gardens

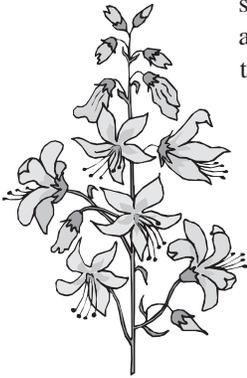
The limited space of a patio or townhouse yard might lead you to believe that you can't enjoy gardening and landscaping. Here are a few tips that may help you make your limited area appealing and enjoyable. Happy gardening!

Select plants that fit your limited yard space and microclimate (sun/shade), allowing them to thrive while not intruding on a fence or balcony. Containers are an easy way to add interest to a small garden or to showcase plants that need to be brought indoors during the winter. Containers are also a good choice for planting herbs, such as parsley, chives, oregano, basil, mint, dill, sage, and rosemary. Keep in mind that a container's size and shape affect the type of plant used and, ultimately, its health.

Hanging plants are another option for adding color to patio gardens. Petunias, begonias, and geraniums do well in hanging baskets.



Japanese holly, hostas, hydrangeas, azaleas, and dwarf winterberry make beautiful low-maintenance shrubbery that can be planted along the edge of a patio garden. These plants are perfect for sun-filled areas, but they also do well in partial or full shade. They are easy to care for, and if pruned properly they will never reach a size that is a problem for a small area. They can also survive all but the harshest winters.



Perennials can provide color and texture from spring to fall. Hostas and ferns do well in the shade, while coreopsis, lavender, and asters thrive in the sun. For instant summer color, plant impatiens, vincas, and geraniums. They are inexpensive and easy-to-find. Bulbs can be planted in the fall for beautiful springtime color the next year. Try tulips, crocus, and daffodils.

The fence provides a perfect backdrop for growing vines that add a splash of color to your yard. They include clematis, jasmine, and honeysuckle cultivars. Some vines also attract humming birds and butterflies, such as cypress and butterfly vines.

Meet Coach Anne

Anne Flannery, a Quaker Hill resident and life-long athlete, knows the children in her neighborhood and they now know her as “Coach”! Anne said it was a genetic thing—long before it was commonplace, Anne’s mother was coaching soccer, volleyball, basketball, softball and track, and Anne played them all. Anne went on to play Division I basketball at Syracuse University and was invited to the 1984 Olympic Trials. But while playing on a team in Scotland, she blew out her ankle, which her hosts attempted to cure with a shot of whiskey (gotta love those Scots!) and a pail of warm water. Anne wasn’t able to attend the Olympic Trials, but she did coach “club” teams while she was in England and Scotland, where the players ranged in ages from 6 to 60. “What a great experience it was for a 22-year old—I still have great friends over there” she said.

Anne is now the President and CEO of PE4life, which advocates teaching children how to be active for life using

unique programs such as “Dance Dance Revolution” and other nontraditional ways of getting fit and healthy. Anne kiddingly calls their program “No Child Left on Their Behind”! After getting to know the children in Quaker Hill, she decided to start coaching again. Kiee Harvey, a Quaker Hill resident, became one of her star basketball players in the Alexandria Youth Recreational Basketball League. Residents Qwante Cherry and his friend Julian started playing lacrosse for T.C. Williams JV program. Anne’s enthusiasm for sports and for kids is contagious.

One of Anne’s best stories isn’t about sports – it’s about resident Pernell Strom, who asked Anne to plead with the Giant manager to hire him. She went with him to the Giant, but she had to explain to Pernell that he couldn’t be hired yet – he was only twelve years old! But for those of us who know Pernell, you know he didn’t give up. Now that he’s sixteen, he’s one of our favorite cashiers at Giant.



Quaker Hill Community Association

c/o Northern Virginia Management
4306 Evergreen Lane, Suite 101
Annandale, Virginia 22003

“Our Town” Happenings

Free Old Town Trolley. The City of Alexandria offers free trolley service between the King Street Metro station and the Old Town waterfront. The service is available Monday through Sunday from 10 a.m. to 10 p.m.

Alexandria Farmers’ Market, Saturdays, Old Town Market Square, 5 a.m. – 10:30 am. year round. Free parking in the Market Square garage during market hours.

Delray Farmers’ Market, Saturdays, East Oxford and Mount Vernon Avenues, 8 a.m.- noon, April 12- December 6.

Family Dig Day, May 31, George Washington Masonic Temple grounds, 1:30 - 3 p.m. Help city archaeologists and trained volunteers screen excavated soil for artifacts from a real “dig” located on the grounds of the George Washington Masonic National Memorial. Wear comfortable clothes and bring a water bottle. No sandals. All necessary equipment will be supplied. Children under 16 must be accompanied by a participating adult. \$5 per person, reservations required (email archaeology@alexandria.gov or call 703-838-4399).

Alexandria Red Cross Waterfront Festival, Old Town Waterfront, June 14-15, 10 a.m.-11 p.m. (Sat.) and 11 a.m.- 7 p.m. (Sun.). Features children’s rides, entertainers, arts and crafts, food, and tall ships. Entertainers include Toad the Wet Sprocket, Little Feat, and Ralph’s World (children’s entertainment). Admission—adults: \$15; one child (3-12 years) free with paying adult; additional children: \$5 each; children under 3: free. Proceeds support the work of the Alexandria Chapter of the American Red Cross. For more information, visit www.waterfrontfestival.org.