

# Forest Lakes Community News

March 2021

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- Bulk Shred and Pick Up dates
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- Are You Ready for Spring: an outside checklist

It's hard to imagine that the first day of spring is March 20th – it's been a long winter. ... Hopefully, that will mean warmer weather – and some sunny days to dry our soggy grounds! Remember to spring forward on Saturday, March 13th before going to bed.

With the longer days and more of us enjoying the outdoors, please remember to drive safely through our community, observe posted speed limits and watch for children, walkers, bicyclist/runners and pets.

Now is a great time to plan your springtime outdoor projects. If you are thinking about making changes to the exterior of your home, keep in mind that many changes need to be approved by the Architectural Review Board. More information and request forms are available on our website at [www.forestlakes.net](http://www.forestlakes.net) or can be picked up at the association office (please call ahead). Check to see if your project needs approval before you start! If you have any questions, please call the office.

The FLCA office routinely makes neighborhood inspections. Please make sure all yard toys are picked up each evening, no boats or trailers are parked in your driveway or street, trash toters are taken off the street after collection, and your yard and house are in good appearance. A complete list of rules and regulations can be found on our website. Please help to keep Forest Lakes a beautiful community in which to live.

Sincerely,

Your Forest Lakes Board of Directors

[flcboardofdirectors@forestlakes.net](mailto:flcboardofdirectors@forestlakes.net)

Jimmy Baranik, President

Scott Elliff, Treasurer

Dick Billings, Director

Todd McGee, Vice President, ARB  
Chair

Jane Keathley, Secretary  
Mike Tubridy, Director

Nancy Trudel, Director

<b>Function</b>	<b>Organization/Person</b>	<b>Contact Information</b>
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>  Tamera Hammond <i>Community Group, Inc.</i>	1828 Pavilion Circle Charlottesville, VA 22911 (434) 973-4596 manager@forestlakes.net  thammond@forestlakes.net
After-hours emergencies involving common areas, buildings or facilities	Community Group Emergency Hotline (call 911 also if necessary)	1-804-254-0427. Follow prompts for Homeowner Services; include your contact info and description.
Arbor Lake, Ashland	Stephanie Crouch <i>Real Property, Inc.</i>	(434) 823-4407 Arborlakesmanager@gmail.com ashlandmanager@gmail.com
Ravenswood and Ravenscroft	Danielle Campbell <i>Real Property, Inc.</i>	(434) 465-6917 ravensmanagerrpi@gmail.com
Willow Bend, Worth Crossing	Danielle Campbell <i>Real Property, Inc.</i>	(434) 465-6917 willowbendmanager@gmail.com worthcrossingmanager@gmail.com
Springridge	Mark Marshall <i>Real Property, Inc.</i>	(434) 202-1852 springridgeassociationmanager@gmail.com
Gateway Village	Sanjay Suri <i>Community Group, Inc.</i>	(434) 984-0700 ssuri@communitygroup.com
Mailbox Nameplates and Repairs	Dick Billings	(434)960-4999 dick.billings@gmail.com
Soccer Field Reservations	Tamera Hammond	thammond@forestlakes.net
Tennis Pro	Jim Labinski	Tennis Pro Shop (North): (434)974-5567 Cell: (434) 249-6420 Zentennis929@gmail.com 1818 Pavilion Circle, C'ville 22911
Webmaster Forest Lakes Website – www.forestlakes.net	Tamera Hammond	thammond@forestlakes.net
	<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
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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

## RST DEVELOPMENT UPDATE

Many of you may have read in the Daily Progress or seen on the local news, Forest Lakes came out in force to oppose the RST Development as it was proposed at the Planning Commission meeting on Tuesday, March 2nd. There were over 25 speakers from Forest Lakes, Hollymead and some independent experts in a well-organized presentation. In the end, the developer opted to defer until an unspecified date. Our comments and critiques were important and were listened to and we will continue to be involved to represent our community's interests. A huge thank you goes out to all our speakers. An even bigger thank you goes out to Scott Elliff who spearheaded this effort.

## SPRING SHRED DAY AND SPRING BULK PICK UP

Forest Lakes Shred Day is scheduled for Friday, April 16th from 10am-2pm at the North Pool parking lot. You may bring your items to shred anytime between those hours. Please wear a mask and be mindful of social distancing.

Bulk pick up will be on Saturday, April 17th beginning at 7:00am. You may dispose of regular household items such as small furniture, bags of trash, small metal items such as toasters, small televisions, etc. Please limit your materials to weigh no more than 50lbs per item and have your materials curbside for removal by 7am. **\*\*\* ALL BULK MATERIALS MUST BE PLACED AT THE CURB \*\*\***

**MATERIALS EXCLUDED** from bulk pick up are: computers, printers, monitors and like equipment, large appliances such as washers, dryers, water heaters, stoves, or motorized equipment; rocks, concrete, dirt, tires, soil, sod, tree stumps, free liquids, paint, motor oil; construction trash/renovation debris, combustibles, toxic or hazardous wastes, or any other material excluded from the disposal site, or any applicable state or federal law, as being hazardous or toxic (Asbestos, paint or gasoline). Any flammable products such as petrol chemicals or propane tanks from barbeque grills, dead animals, fecal matter, manure, brick, landscaping timbers, friable Asbestos, lead acid/wet cell batteries, biohazardous material, needles, and ALL other medical waste are excluded as well.

## OUR FACILITIES

Until the Governor's orders relax, we will continue to run our facilities according to the mandates put forth.

**FITNESS CENTER:** By reservation only. Please go to our website at [www.forestlakes.net](http://www.forestlakes.net) under "Amenities/Fitness

Center" to find the current rules and link to sign up. No guests are allowed in the facility at this time.

**TENNIS:** Reservations need to be made on the KOURTS app. To register for KOURTS you will need to call or email the office ([manager@forestlakes.net](mailto:manager@forestlakes.net)) and provide your name, email, address and phone number. Starting March 15th, guests will be allowed on the tennis courts.

**POOLS:** At this writing, we will open pools the same way we closed them last year. But a lot could change between now and then. Stay tuned!

**SWIM TEAM:** JSL has decided to have a swim season and the FLST is planning to participate. All COVID protocols in place will be followed. For information, visit the FLST website at [forestlakesswimteam.wordpress.com](http://forestlakesswimteam.wordpress.com)

## SPRING IS AROUND THE CORNER – HONEST!

It's time to take stock of the outside appearance of your home. Things to check:

- Is there mold growing on exterior of home? Need a good power washing?
- Are there overgrown shrubs and trees? Beds that need weeding and mulching?
- Is your mailbox post painted and straight? Mailbox rusty?
- Is your front porch clear of debris and "extra" items? Make sure it's not a storage area for strollers and bikes.
- What about your back yard? They need attention too! Any "junk" lying around that needs to be tossed? (bulk pick up is coming soon!) Piles of leaves and brush that need disposing of?

## HAVE A FOREST LAKES QUESTION?

Should you have questions regarding Forest Lakes, we encourage all residents to call the FLCA office at 434.973.4596 (we're happy to help!) or check our website. Signing up for E-NEWS is also an excellent way to be informed. You can call the office to sign up or go to the website. The Forest Lakes Community Association is not associated with, nor do we endorse, any other form of communication that pertains to our community.

# Neighborhood Notes

## FLCA MONTHLY BOARD MEETING

The next regular Board Meeting will be on Wednesday, 24 March at 6:00pm. Meeting location is to be determined. For information, please contact the office at 434.973.4596. The agenda for the meeting is available one week prior to the meeting at the association office and on the website. Please note that the topics for the meeting can change.

## ACTIVITIES ON HOLD

Until further notice, meetings for Card Crafters, Book Club and Bible Study are on hold. The JMRL bookmobile will continue services once libraries are open again.

## BABYSITTER AND PETSITTER LIST

The FLCA office has a list of babysitters and petsitters that are Forest Lakes residents – for Forest Lakes residents. If you would like a copy, please call the office! If you'd like to be put on the list, please email Tamera at [thammond@forestlakes.net](mailto:thammond@forestlakes.net).

## YOGA CLASSES

These non-impact classes are held at the north Poolhouse.

Yoga: Tech and Flow 1

Tuesday 11:15am – 12:15pm

A half hour of flowing standing movement with an emphasis on technique and breathing followed by a half hour of floor time

Please call, text or email Karen Schultz first if you would like to join us. All are welcome!

434/962.2208 or [leprofsch@gmail.com](mailto:leprofsch@gmail.com)

### WELCOME TO THE NEIGHBORHOOD!

Please join the FLCA Board of Directors in welcoming new residents to Forest Lakes!

ASHLAND: Chip and Amanda Dunkum

PLEASANT PLACE: Shirley Hendrickson

WHISPERING WOODS: Christopher and Shannon Lenox

WILLOW BEND: Bob Morrow

## FOREST LAKES COMMUNITY ASSOCIATION

The FLCA office is currently accepting phone calls only. In-office appointments are available if needed, all CDC protocols will be followed.

Hours remain Monday–Friday, 9am–5pm. | 434-973-4596

## Harvard Medical School defines "Lifestyle Medicine" as an Intervention for Better Health

In the United States, only 3 percent of the population is leading a healthy lifestyle! Six out of 10 adults in the US have a chronic illness, 4 of 10 have two. As a society, chronic diseases are the leading driver in our \$3.35 trillion-dollar healthcare expenditure.

Harvard Medical School defines "Lifestyle Medicine" as the science and application of *healthy lifestyles* as interventions for the prevention and treatment of lifestyle-related diseases such as heart disease, diabetes, stroke, obesity, some neurological conditions, and some cancers."

We all intrinsically know that we should eat well and exercise more. Smoking cessation and limited alcohol consumption are widely accepted as good. Researchers have learned that active management of stress levels, adequate sleep and social interaction are all important factors in combating chronic illness. The hard part is how – how do we as individuals get from where we are now to a healthier lifestyle?

Your environment has a large impact on your ability to live a healthy lifestyle. Forest Lakes' new Brookhill neighbor, Anthology of Charlottesville, is building a new community where *Lifestyle Medicine* will be possible with easy access to healthy food choices, daily exercise classes and open access to the gym and salt-water pool. Stress free living and social interaction will occur daily through activities that include engagement with the greater Charlottesville community.



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# RECYCLING - WHAT GOES IN AND WHAT STAYS OUT?

## **METALS – all rinsed and cleaned**

YES TO:      aluminum cans, foil, bakeware  
                 Steel and tin cans

## **PAPER AND CARDBOARD – all clean and void of food waste**

YES TO:      Corrugated cardboard  
                 Magazines, catalogues, office paper newspaper, junk mail, phone books  
                 Flattened cardboard and paperboard boxes  
                 Paper cardboard beverage boxes  
                 Brown paper bags

NO TO:      Pizza boxes with grease  
                 Tissues, paper towels or other paper that have been in contact with food

## **GLASS – All rinsed and clean**

YES TO:      All colors

NO TO:      Pyrex glassware  
                 Ceramics and stoneware  
                 Crystal glassware  
                 Mirrors  
                 Window Glass  
                 Any type of light bulb

## **PLASTICS – All rinsed and clean**

YES TO:      Bottles and jugs, lids removed and put into trash

NO TO:      Plastic bags  
                 Plastic wrap/bubble wrap  
                 Plastic wrap from paper towels, tp, etc.  
                 Any plastic that will get caught in recycling machines

**NO: Yard waste, food waste, any type of battery, electronics, computers, TV's, garden hoses, Christmas lights, extension cords, plastic bags.**

**Items are to be loose in the toter, not bagged with plastic**

## FOREST LAKES TENNIS NEWS

*FROM THE DESK OF JIM LABINSKI, DIRECTOR OF TENNIS*

MARCH 2021

Dear Forest Lakes tennis players and residents,

It's funny how a 45-degree day in December felt too cold for tennis. Then, in January, 39-degrees didn't feel that bad! And in February, a little ice and snow along the fence is tolerable.

I want to thank all of my brave students, and all of you crazy, tennis fanatics of Forest Lakes for getting out, braving the elements, and playing tennis these past few months. Thankfully the cold and wintry days are (almost) in the rearview mirror! Warmer days means more TENNIS!

\* \* \* \* \*

Warmer weather brings with it more participation in our great sport (and that other popular sport—pickle ball). I expect court time to continue to be a sought-after item. Spring is time for USTA league matches and this will be taking up some court time as well. I cannot stress enough how very important it is to use the Kourts app and book your court time well in advance. Don't be left out of the action because you didn't get a court!

A quick reminder for you Kourts newbies: you can book your court in increments of 60-, 75-, 90- (and at North) 120-minute increments. This time allotment includes 15-minutes to get on and off the court with minimal interaction with the next group. Also, if you're playing on the North Courts, please plan accordingly and groom your court before your time is up.

As of March 15, you can bring non-resident guests along with you to the courts.

\* \* \* \* \*

March 8 marks the beginning the After School Tennis Program—Spring 2021 edition. I have divided the program into three "trimesters" of four weeks each. Players can opt in for one, two or three times a week if space allows. The sign-up form is available on the Forest Lakes website, or by emailing me.

To maintain quality of instruction and to encourage social distancing, I would like to continue to cap the size of the groups at five. I encouraged you to check with your friends and neighbors to form your own groups with trusted cohorts. As always, I try to place players in compatible groups in terms of age, maturity level and playing ability. I have made arrangements to have an additional instructor available to help accommodate more students during peak hours. Hopefully, fewer potential students will be left out.

\* \* \* \* \*

Unfortunately, the COVID-19 pandemic is not in the rearview mirror. Please remain vigilant in keeping your social distance, wash your hands, and wear your mask!

Thanks for your consideration and see you on the courts!

Jim Labinski  
Forest Lakes Tennis Professional  
434.249.6420 (cell)  
Zentennis929@gmail.com  
Facebook: Zen Tennis at Forest Lakes



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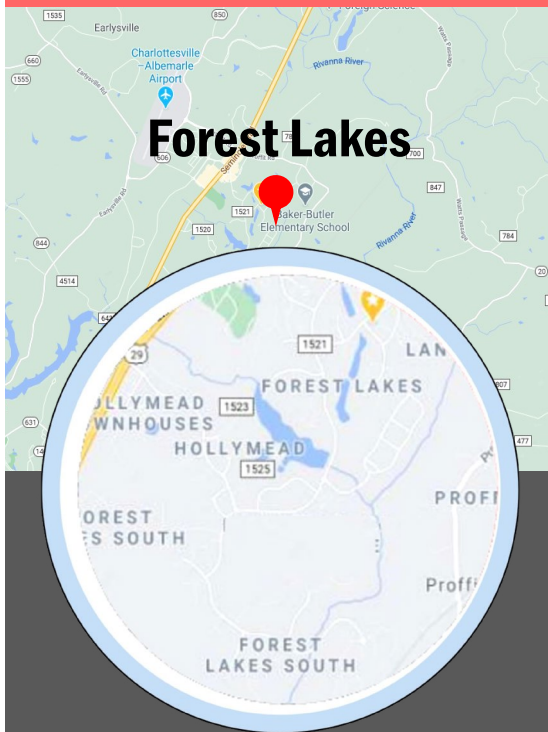


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