SECURITY–THE REST OF THE STORY

BY MARK MATHEWS, Director at Large

Do you know that empty feeling in the pit of your stomach when you look in the rear view mirror and see flashing red lights on the top of the police car immediately behind you? Yes, the Ford’s Colony Security force, with occasional help from James City County (JCC), issues traffic violations. However, tickets aren’t issued unless there is evidence of a violation to the traffic code in effect within Ford’s Colony. This article isn’t intended to point out that almost all of our roads are only designed for 25 mph; that the roads have many hills and blind curves; that we have runners, bikers, walkers, and, more importantly, many children playing in the neighborhoods, including visiting children and grandchildren. And no, I don’t intend to emphasize that tickets can and will be given by marked, unmarked, and whatever other kind of vehicle may be used at the time—the bottom line is that a violation is a violation. In short, many of us view security/police with nervousness and sometimes dread.

There is another side to our security force that you should know about. It consists of many hard working, sincere, and caring people who are trying very hard to fulfill the job that we have asked them to perform. They have gone through many hours of training. Their duties include responding to calls for medical assistance, resident assists, alarms, suspicious incidents/vehicles/ persons, vehicle accidents, animals, house checks, and house-check discrepancies. Aside from staffing the entry gates, the largest part of their time is spent patrolling our neighborhoods and performing house checks (over 31,000 in 2013) that have been requested by residents.

There were 238 calls for medical assistance last year. These included assisting people in wheelchairs and helping walker users get up after they have fallen and/or hurt themselves. They have addressed stomach aches, seizures, fainting and falling episodes, difficulty breathing, cuts to legs, cont. page 3, SECURITY
What Is August?

BY BOBBY SUE SILVEY

And now August is upon us. In the words of Rodney Dangerfield, August “Don’t get no respect.” Those who don’t like hot weather aren’t going to like August. August in Tidewater Virginia can even test the limits of those who do like hot weather. Often most of the grass and flowers that caused us to swell with pride in the spring are now gasping for air and looking like they need to be put out of their misery. It is too early to begin planting anything new, so we just have to do the best we can with what we have left. If we try to do it ourselves, we are going to sweat in the heat while we do it. Even our pets are lethargic in the heat. August is the epitome of “the dog days of summer.”

There are no major holidays in August—it is the only month in the year that doesn’t have one. If we want to throw a party in August, what theme can we use? Often the guests that we may have planned for and enjoyed during the summer have already come and gone, and in many cases our travels to other locations are over as well. Many of the clubs in Ford’s Colony take a hiatus in August, so social activities have slowed.

Students are not yet back in school, but they may already be bored with being out. Not surprisingly, parents may be ready for school to start and may bemoan the fact that there is a whole month ahead before it does.

With all this having been said, does August have anything positive going for it? The answer is “yes.” If we have had a pleasant spring and summer, then it is an opportunity to reflect on those good times. If we look forward to cooler weather, we can eagerly anticipate the first cool, crisp days of autumn. The slower pace can allow us to catch up on things that we may have delayed because we were too busy to take care of them over the summer. We can make our plans for the upcoming winter months. When all is said and done, and although I don’t believe I’ve ever heard anyone say August is his or her favorite month of the year, it is like anything else. It is what you make it to be. So kick back and enjoy it, and Happy August, everyone!

COMMITTEE MEETING CALENDAR

<table>
<thead>
<tr>
<th>COMMITTEE</th>
<th>DATE</th>
<th>TIME</th>
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<tbody>
<tr>
<td>Activities Committee</td>
<td>8/1/2014</td>
<td>9 a.m.</td>
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<tr>
<td>Communications Committee</td>
<td>8/13/2014</td>
<td>9 a.m.</td>
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<tr>
<td>Emergency Preparedness Committee</td>
<td>8/11/2014</td>
<td>10 a.m.</td>
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<tr>
<td>Facilities Committee</td>
<td>8/28/2014</td>
<td>10 a.m.</td>
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<tr>
<td>Finance Committee</td>
<td>8/25/2014</td>
<td>3 p.m.</td>
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<tr>
<td>Roads &amp; Project Maintenance</td>
<td>8/20/2014</td>
<td>3 p.m.</td>
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<tr>
<td>Security Committee</td>
<td>8/12/2014</td>
<td>3:30 p.m.</td>
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<tr>
<td>Strategic Planning Committee</td>
<td>8/6/2014</td>
<td>4 p.m.</td>
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The Nominating Committee, Covenants Committee, and Emergency Preparedness Committee do not hold regularly scheduled monthly meetings. The meeting schedules can be verified at fchoa.org. S&T is Swim and Tennis Club; CSB is Community Services Building.


AD REQUIREMENTS

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Articles for publication must be submitted via email no later than the 10th of the previous month. Send submissions to joholland@fchoa.net. All copy is subject to approval, editing and use by the Communications Committee. Concerns and questions about content should be directed to the Chair of the Communications Committee.

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RESIDENT CONCERNS

Any resident with a community maintenance concern should go to fchoa.org and click on Report Maintenance Issue or call RCS at 258-4230. Your message will be logged in and the concern will be tracked to its resolution.
and medical alert bracelet alarms. To assist in these cases, each patrol car is equipped with a first aid kit, CPR equipment, and a defibrillator.

Under the category of resident assistance, our security personnel have jumped dead car batteries; responded to calls about loud, suspicious noises; investigated water leaks; and secured front doors when they were left open. In addition, they have responded to calls from non-resident family members who are concerned when they have not been able to contact a Ford’s Colony resident. There were 210 resident assist calls in 2013.

In 2013, the security force responded to 77 false burglar and 19 fire alarms. Even though it is very infrequent, over the years they have had to respond to breaking and entering incidents. While Ford’s Colony is a very safe community, car and house doors should be locked and garage doors should be shut when not in use.

With regard to suspicious incidents/vehicles/persons, they receive calls from anxious residents or the officers observe unusual behavior. These can include non-residents trying to find your house, unusual noises, or actual cases where vehicles/persons have entered Ford’s Colony and shouldn’t be here. In any case, the officers take corrective action to remedy the situation.

When there has been a vehicular accident and the damage exceeds $1,000, the state or county police are included. On the other hand, when there is a minor fender bender or property damage, Ford’s Colony Security will write the report and make it available for insurance purposes. One year, they responded and assisted when a car flipped over.

If an animal, usually a dog, gets out and can’t find its way home, security will try to pick it up and locate the owner. If there is no tag and they don’t know the dog—some are repeat offenders—they will call JCC animal control. In addition to stray dogs, they have responded to calls about marauding raccoons in yards, suspected rabid foxes, and snakes (many of the officers don’t like snakes any more than we do). There were 154 calls related to animals last year.

Some of the calls can end up being funny, such as chasing birds out of a house or saving baby ducks that have been washed down a water drain. Others can be quite traumatic, such as responding to calls about a resident who passed away overnight or when a child has a 105 degree temperature and seizures. Just because they have training doesn’t mean it doesn’t affect them personally.

In 2013, Ford’s Colony Security handed out 426 vehicle violations while JCC police issued 35 vehicle violations. You might wonder why we use JCC police. The answer is that with all the other things Ford’s Colony Security is doing, they can’t provide the entire requisite traffic control needed on our roads.

So the next time you have the opportunity, thank one of our officers for all they do. They deserve it.
It was necessary to revise our internal security policy to conform to recent changes in the Virginia Property Owners’ Association Act with regards to speeding. Effective July 1, 2014, Ford’s Colony Security will issue a warning letter to residents for a first offense of speeding. A second offense within three years will continue to include a $50 monetary charge and a suspension of all gate cards assigned to the residence for a period of 14 days. The policy pertaining to contractors and visitors remains unchanged—a monetary charge of $25 still applies to the first offense and suspensions apply to a second offense. The full policy is available at fchoa.org under Documents/Policies/Speeding Policy.

Speaking of vehicle safety, most know that speeding 20 mph or more over the limit is classified as Reckless and the consequences are severe. Passing in a curve or on the crest of a hill (poor sight distance) is also classified as Reckless in Virginia. Please consider your sight distance and slow down if another vehicle is approaching when a work vehicle, bicyclist, or pedestrian is also on the road.

I would like to remind our residents that the removal of any tree with a trunk diameter of 3 inches or more requires an approval process that includes a work order assignment from Community Services. Whether you choose to cut a tree down yourself or retain a contractor, please initiate the process with a call or email to Community Services. Using the eMaint service request on the website (“Report Maintenance Issue”) is the best way to get a work order started. Community Services will respond with a visit to your home. If the work is authorized, a work order number will be provided. Tree removal contractors need a work order number to come through the gates. Security roving personnel will also confirm work order numbers.

Are you confused about the new recycling materials? The James City County website, jamescitycountyva.com, has a short video which explains the new policy. Pizza boxes and plastic bags are still not authorized, but many other items are now permitted. Please remember to store your container in a place screened from the street or your neighbor’s view. Smaller containers are available by contacting the Virginia Peninsula’s Public Service Authority at 259-9850.

As a quick mid-year update, we are pleased that the paving of phase one of Ford’s Colony Drive and another mile and a half of walking trails on Edinburgh Drive are complete. Street paving planned for 2014 will be completed within a couple of months and those residents affected will be notified a few days in advance. The conversion to salt water in both pools is a big hit and will save money on chlorine. Consistently balancing the pool water quality is a process and we thank you for your patience when we need to close the pool for a few hours to add chlorine or salt. Hot days and bathers combine to challenge chlorine levels. Landscape renovations at the two recreation centers were completed. Once again, thanks to the Beautification Subcommittee for landscape and signage improvement recommendations around the colony. Interior renovations at the Community Services Building started in June. Surely you noticed that home construction and renovations are significantly up this year. This, along with 115 resale disclosure packages and inspections required by law to date, has been keeping us very busy.

Looking ahead, the five-year capital reserve study will commence in August and be completed in time for the 2015 budget cycle (September-November). Ongoing studies include storm water management, water quality, technological improvements for the S&T Club and security, roadway rejuvenation, long-range capital planning, organizational structure, and communication. A few projects moving through cost evaluations are a renovation of bathrooms at the S&T Club and pond dredging.

Continue to enjoy the summer and keep safe. You can always flag down maintenance or security staff if you need water or are feeling faint.
It’s distressing to hear news of children being forgotten and left in hot cars. While doing some research online to find preventive measures to help keep kids safe, I found a not-for-profit group called KidsAndCars.org. According to their website, 38 kids in the U.S. die in hot cars, on average, each year from heat-related causes. That is one every ten days each year, but most incidents occur in the summer months. That is staggering. I want to share their prevention tips with you to help keep your young ones safe.

1. Never leave children alone in or around cars; not even for a minute. Heat build-up happens quickly.
2. Put something you will need like your cell phone, handbag, briefcase, etc., on the floor board in the back seat as a reminder to check the rear seats.
3. Get in the habit of always opening the back door of your vehicle every time you reach your destination to make sure no child is left behind. This will soon become habit. They call this the “Look before you lock” campaign.
4. Keep a large stuffed animal in the child’s car seat when it’s not occupied. When the child is placed in the seat, put the stuffed animal in the front passenger seat as a visual reminder.
5. Make arrangements with your child’s day care center or babysitter that you will always call if your child will not be there on a particular day as scheduled. That will generate a call to you when your child has not arrived at their site.
6. Use drive-through services when available (restaurants, banks, pharmacies, dry cleaners, etc.)
7. Use your debit or credit card to pay for gas at the pump so you stay with the vehicle. Remember to lower your windows since you can’t keep the car running.
8. If you see a child alone in a vehicle, get involved. If they are hot or seem sick, get them out as quickly as possible. Call 911 or your local emergency number immediately. Children are curious. There are ways to keep them safe from accidentally getting into a hot vehicle.
9. Keep vehicles locked at all times, even in the garage or driveway, and always set your parking brake.
10. Keys and/or remote openers should never be left within reach of children.
11. Make sure all child passengers have left the vehicle after it is parked.
12. When a child is missing, check vehicles and car trunks immediately.

As for “Fido” or “Spot,” temperatures in a vehicle can be stifling for animals as well, even with the windows rolled down. The heat can cause your pet serious health issues. Please leave Fido and Spot at home. They’ll thank you.

Stay safe!
What’s That in My Tree?

Webworms have come out in full force this summer and many residents are curious as to what issues they cause. I want to address the different cocoons and webbings everyone sees throughout the year in the community.

Currently webworms are out and about and latching onto hardwood trees. Webworms usually aren’t invasive and stay in their webbings, so they don’t damage the tree. An infestation of a single tree can cause damage, but this will take time to happen and isn’t common. Once the larvae have hatched, the webworms leave their webbing. If you notice an infestation, remove the webbings from the tree. Simply spraying the webbings will not do much unless you have a high powered hose. These webbings are strong and nearly waterproof. If you notice a webbing or two on a tree, it’s safe to leave it be unless you find it aesthetically unpleasing. Our policy is to leave them be for a while and then take the webbings down if they can be reached and don’t come down naturally.

Bagworms are also out in the spring and summer months and like webworms, they typically don’t cause damage to trees. Bagworms latch onto branches and use materials from the tree to make their cocoon. Bagworms tend to latch to leylands, arborvitae, cedars, etc. and tend to stay away from the hardwood trees. Many times their cocoons are difficult to see as they blend in with the natural surroundings. Like webworms, bagworms stay in their nest until the larvae have hatched and then move on, but their cocoons stay behind. Bagworms typically aren’t invasive and can be left alone as long as multiple cocoons aren’t forming on the tree and taking over. An infestation isn’t going to happen over night and can be easily prevented. If you notice multiple bagworms forming cocoons, you can spray an insecticide on the portion of the tree that the bagworm will be around and prevent an infestation. Spraying the cocoon will not help as it is unlikely insecticide will penetrate the cocoon.

Tent caterpillars are what everyone should be on the lookout for. Their webbings are very similar to webworms and also tend to come out in the summer months. Unlike webworms, tent caterpillars typically latch onto fruit trees and stay away from hardwoods. You will also notice that tent caterpillars leave their nest during the day and return at night. While they are out and about during the day, they are eating portions of the tree and causing damage. They are very noticeable, though, as they grow around three inches long. If an infestation has occurred, it will be apparent that it’s tent caterpillars. You will see them roaming around and notice that portions of the tree have been eaten away. Fortunately, tent caterpillars are very uncommon for this area and usually we only see the bagworms and webworms. If you notice even one tent caterpillar, remove the webbing immediately and use an insecticide on the tree around where the caterpillars will be roaming while they are out of their nests. The webbing can’t be sprayed out; it needs to be completely removed.

If you can’t determine which of these has made a home in your tree(s), please give us a call and we will see if we can be of assistance.
“Can you hear me now?”

This well-known wireless telephone advertising line is no joke for folks with hearing loss. For those who use hearing aids equipped with tele-coils, one venue in the colony just got a little easier to enjoy. The ballroom at the S&T is now home to an induction loop. The induction loop delivers sound directly to hearing aids that are equipped with tele-coils. It will broadcast the desired signal (sound) as a magnetic signal throughout the area covered by the loop. The tele-coil serves as the hearing aid’s antennae and will pick up the magnetic signal. The end result is the hearing loop will turn hearing aids into personal wireless speakers.

Induction loops are used in many public facilities. Because sound is delivered directly to each hearing aid user, not only is the quality of the sound improved but the quantity of sound is also improved. Users hear less background and other extraneous sounds in the environment. The system at the S&T will work when presenters are using our sound system. Clubs are encouraged to use the microphones and the induction loop will automatically be engaged. Thanks goes to the Facilities Committee for kicking off the investigation of this helpful technology.

On a different topic, I want to remind you all that we will again be collecting school supplies in August. Items will be delivered to DJ Montague Elementary prior to the opening day of school in September. Watch for the amazing sales during the month and we’ll be able to continue to help those students who need a helping hand. I will place boxes outside my office door and, if it is like last year, I will have to empty them daily. School personnel have really appreciated what we have donated in the past. Children having the supplies they need will increase their success. Thank you for your continued support.

I want to thank the numerous volunteers that responded to me request to help with the Library at Swim & Tennis. With their assistance, the library shelves have been sorted and newly stocked, separating fiction from non-fiction with some subdivisions as well. We will label areas in the near future. While alphabetizing authors would have been ideal, it is not at all practical. We have tried to keep authors’ works together to start, but that too will probably not last. The books will rotate on a Z pattern from left to right, from top to bottom, the newest donations will go on the bottom shelves and work their way upward. The top shelf will be the oldest books and will be taken off the shelves when space is needed. By having to look for your favorite author, we hope you will come across some other appealing reads.

Lastly, the Blood Drive is August 8 from 11 to 4 p.m. There is always a great need for blood, so please contact me for an appointment at cschwenker@fchoa.net or 258-4270.

CHRIS SCHWENKER
Activities and Recreation Manager

Monday, August 11
Heartsaver CPR/AED
6-10 p.m. • $45

Tuesday, August 12
ASHI Babysitter Class
8:30 a.m.–Noon • $40

Wednesday, August 13
ASHI Pediatric First Aid/CPR/AED
8:30 a.m.–12:30 p.m. • $45

Sunday, August 17
BLS for Healthcare Providers
Noon–5:00 p.m. • $50

Contact George Barber at wagnerbarber@att.net if you have any questions or to register for any of the above classes.

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SUMMER PROJECTS!
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As the Owner, I personally guarantee great work at a great price.
I look forward to hearing from you… V/r Zachary
New Home Construction and Modification

The Architecture Review Committee (ARC) has been operating under the direction of the Ford’s Colony HOA for just over a year. We continue to meet weekly with the agenda and prior week results posted on fchoa.org. New home activity has definitely picked up this year with an average addition of one new home a week. There are currently more than 40 homes under construction. With more than 2,300 homes already completed, we still have more than 500 undeveloped lots. The first two homes in the newly-opened Westport section across Centerville Road have been approved. We can expect more activity there. There are also a number of bank-owned lots that are about to be developed. They will be built as spec homes, but hopefully will find owners during the construction process. You will notice one such home just under construction on Ford’s Colony Drive to the left of the main entrance. In addition, we always have residents modifying or renovating their homes.

When a community reaches this stage with more than 80 percent of the properties developed, we find that many of the remaining undeveloped lots have their challenges when it comes to both house placement and water management. It is worthwhile to remind everyone that by design, in Ford’s Colony water runoff from our lots has to run on the surface and find its way down to the catch basins that take it out of Ford’s Colony. The surface runoff flows either to green spaces next to or behind lots or to the open street culverts. The other rule is that we cannot allow water to be delivered to a neighbor’s lot. Our committee manages this process for new home construction. We are fully aware that there are probably water issues in existing neighborhoods. The ARC does not referee these situations. Hopefully, neighbors can work things out. Community Services can provide assistance with green space and culvert issues.

We are making every effort to make you aware of pending new construction or home modifications in your neighborhood via signs on the lot and weekly agendas posted on the website. You are always welcome to come to the Community Services office to review the plans for the new home and make comments (positive or negative) for the committee to review as part of the approval process. You can also request to speak to the committee regarding your concerns. We certainly can’t please everyone, but we are doing our best to listen and to follow the guidelines in the Purchaser’s Handbook.

The committee has just approved a new color palette for our home exteriors. This change began with the City of Williamsburg adopting a new color palette based on the newly-introduced Williamsburg Color Collection by Benjamin Moore. You can see all of the 144 colors at benjaminmoore.com/en-us/for-your-home/williamsburg-color-collection and can get a color fan of all the colors at the Colonial Williamsburg At Home or Benjamin Moore stores. The city has selected many, but not all, of the colors as acceptable. The HOA Board has also adopted selected colors as acceptable for home exteriors. The colors are listed by category: exterior siding, trim, shutters, front door, and garage and exterior doors. The color palette for St. Andrews Village is currently under review. Be assured that you can always repaint your house the same color. And, you can get these colors with any paint brand. Just tell the store the Benjamin Moore paint color and number. We have posted a list of all 144 colors with those acceptable for Ford’s Colony noted by category on fchoa.org under ARC. When it comes to picking colors, we all know that it is very subjective. We have done our best.

Finally, I want to thank the ladies in the Community Services office for their hard work every day. They are responding to your questions and requests in a prompt and professional manner. When it comes to property, neighbors, and construction issues, you can imagine that it is not always a pleasant issue to be dealt with. They do their best. Thank you, Lynn Combs, Denise Sears, and Jenny Holland.
Living the Good Life in Killarney!

Our little community of Killarney is situated just off St. Andrews Drive and on the sixth and seventh holes of the Blackheath course. When we bought our lot and started building our home in 2003, there were only ten houses. We now have 42 homes and are still growing! We soon discovered we were moving into one of the friendliest and most social neighborhoods in which we had ever lived.

In the beginning, there were neighborhood gatherings for anyone who lived in Killarney and wanted to meet their neighbors. Someone volunteered to host, and neighbors arrived with heavy appetizers, desserts, and their beverage of choice. These gatherings were held three times during the year. Even while the neighborhood has grown, we still continue to meet at someone’s home. People in Killarney like the idea of walking to our gatherings. There is a special celebration held the first Saturday in December. This evening is our much anticipated and well-attended Killarney holiday gathering and “Toys for Tots” drive. Everyone’s support for this cause is overwhelming.

While the gatherings are a great way to meet neighbors, there is also a very active men’s golf group. The “Killarney Hooligans” play on Tuesday, Thursday, Saturday, and Sunday. There are 22 players on the roster, and the weekend play is primarily reserved for the much coveted and sought after “Killarney Cup,” designed and constructed by our Golf Commissioner Dick Saunders. The winner of the cup has his name placed on the trophy and proudly displays it at home for the week or until the next fierce competition.

While these two avenues might be a great way to gather with neighbors, there is yet another that we started two years ago. The ladies decided they would like to get together for more lively conversation, and the “Third Thursday Killarney Ladies’ Club” began. This has been enthusiastically supported with up to 30 ladies attending. It’s an uncomplicated gathering, as nothing fancy is necessary or encouraged. If you would like a glass of wine or tea, along with a small appetizer, just show up at the hostess’ house between 4 and 6 p.m. on the third Thursday. The afternoon is so lively that it’s hard to leave at the appointed hour, but that’s the rule. This is a totally “no fuss” way to entertain. The afternoons are so much fun that some Killarney working women make time to attend for the last hour.

Killarney neighbors embrace the wonderful friendships we have created in our little corner of Ford’s Colony. While we all came from different parts of the country, including some native Virginians, our common thread is the pride in our community and the knowledge that we can call on each other no matter what the circumstances. That’s what neighbors are for here in Killarney!
RUNNING FOR THE BOARD—DO I HAVE WHAT IT TAKES?
COURTESY OF THE COMMUNITY ASSOCIATIONS INSTITUTE

If you’re considering running for the Board of Directors, you should take a few moments to ask yourself the following questions:

**Do I have the experience?** The board handles a variety of issues, including strategic planning, roads and project maintenance, legal concerns, financial constraints, personnel evaluations, and communications. You may be assigned as a liaison to a standing committee, work with the managing agent, develop reports, and present recommendations, so your past education, training, career, and volunteer experiences may better qualify you for some responsibilities than others.

**Do I have the time?** As a board member, you will need to devote at least several hours of your time each month to association business. In addition to regular monthly board meetings, you will need to be active in email discussions and occasional special meetings. During special projects, you may need to spend a little extra time on association business. Some board members may also spend a little more time than others if they work with a committee.

**Can I make tough decisions when it’s required?** The primary role of the board is to conduct the business of the association. This doesn’t just mean approving the budget, but also developing and enforcing policies. Board members are required to step outside their immediate circle of family and neighbors and make decisions based on the greater good of the community.

**Can I do all this and have fun, too?** It isn’t all about policies and tough decisions. Our community is only as good as we make it, and establishing and maintaining a sense of community is a part of a board member’s responsibility. Planning and attending functions such as our picnics and being a presence in the community are as important as any policy decisions you may make.

Being a board member can be frustrating at times, but it may also be one of the most rewarding ways you’ll find to volunteer your time. If you’re interested in running for the Board of Directors or would like more details about the board’s responsibilities, please contact the association manager or a current board member.

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FORD’S COLONY LAWN CARE
BY BOB WINTERS
Certified Nutrient Management Planner

For more than half a century, the turf grass experts at Virginia Tech have researched all aspects of growing superior turf. You’re invited to attend the 12th Annual Super Turf Saturday at the James City County (JCC) Recreation Center on August 16 from 9 a.m. to 1 p.m. Dr. Mike Goatley and his Tech Turf Team will be there to share the turf research with you. For those who can’t attend, here’s a good summary of local lawn care advice.

**Cool Season Turf**

- Tall fescue thrives on deep, well-drained soil with up to 3-1/2 pounds of nitrogen fertilizer. Contrary to popular belief, 90 percent of nitrogen should be applied in the fall, with 1 pound per 1,000 square feet, going down in September, October, and November (think S.O.N.). That’s all you need until May, when maybe the final half pound could improve appearance.

- A soil test is a must to tell you how much of the other macro-nutrients, phosphorous and potassium, your turf will need. The soil test will also tell you the pH, which should be maintained at 6.5. The test results will tell you exactly how many pounds of lime to apply per 1,000 sf to get the job done.

- If your soil is compacted (you can’t push a screwdriver easily into it), you should core-aerate your lawn and rake in 1/4 to 1/2 inch of good quality compost. Do this in late August to early September. Add to the process 3 pounds per 1,000 sf of good quality tall fescue seed mixed with 10 percent durablue hybrid bluegrass seed. Ready-mixed blends are available locally.

- Finally, sharpen your mower blade often and set your mower at 3 inches or higher for summer cut and a notch lower for spring and fall. Dense, tall turf is the best weed control ever invented!
Warm Season Turf
The same conditions apply for bermuda and zoysia, except that nitrogen is applied starting at green-up (usually mid-May)—1 pound per 1,000 sf, followed by another pound in June/July, and a final pound in August.

- Mowing is opposite to fescue in that you should mow low (1 to 1/2 inches) in summer and high (2 inches) in spring and fall. The sharp blade is almost more important than for fescue.
- Frequency of mowing is critical for all turf. Mow often enough that you remove no more than one-third of the turf blade length for each mowing event. The tech team also recommends returning the clippings (free organic fertilizer) to the lawn with a mulching mower.

Mike will tell you that we had the worst winter ever for warm season turf this year, killing a lot of bermuda/zoysia. Your best defense is proper fertilizing and mowing. Leaving it tall going into winter dormancy will help insulate the roots against winter kill.

Finally, the “Turf Love Lawn Rangers” are always available for assistance. Download information and application on jccwmg.org or call 564-2170.

A COLONY-WIDE PICNIC AND CONCERT
with the Ford’s Colony Dance Band

DATE: Thursday, September 4, 2014
TIME: 5:30 p.m. – 7:30 p.m.

LOCATION: Country Club Driving Range
FREE PARKING: FCCC Visitors’ Parking Lot

FOOD & DRINK: Purchase from the Club (including beer & wine) or bring your own food (but no alcoholic beverages)

SEATING: Bring your lawn chairs or a blanket

FREE ADMISSION – TICKET REQUIRED
Tickets available at Community Services and the Swim & Tennis Club

PRESENTED BY:
Homeowners Association Board of Directors
Ford’s Colony Country Club
Marriott’s Manor Club

(Read the Dance Band’s article in the Activities Section for more details)
A Chat with Ted Juraschek

Ted Juraschek and his wife Jeannie have lived in Ford’s Colony for nine years. I interviewed him in a tranquil setting, sitting on his porch on one of our beautiful days. I had met Ted’s wife first through bowling, and then she and I laughed our way through last season on the same bowling team. I soon discovered that Ted was a busy volunteer in the greater community as well as within Ford’s Colony and yet he manages to find time to travel and enjoy their love of boating.

Ted’s background included working for 32 years for a large medical supply company in a variety of positions, culminating as their representative in Washington. In talking with him, it is easy to see how clearly he can state his position.

In asking Ted how he got involved in volunteering in Ford’s Colony, I learned that he started when someone asked him to participate on an ad hoc committee exploring the challenges and opportunities in our community as we age. The result was the Aging in Place Service Group with Ted as the chairman. He now serves on the steering committee for the Senior Service Coalition, which is in the process of merging with the Peninsula Agency on Aging. Information on these committees and agency is available on the HOA website at fchoa2.org/info.php?num=7.

In one of his biggest commitments to community service, Ted has been first to participate as a student and then on the steering committee for the Community Leadership Service (CLS) class. He first took the 11-week class in 2008. This year, he helped secure many of the speakers for the full-day classes. Doing this work, he found many ways to network with all aspects of government, history, and service groups in our area. It is the opportunity to connect with so many people in and outside Ford’s Colony that has made his volunteering so interesting. Ted likes to make things happen and recognizes that getting involved is the only way to do that.

He confesses to having difficulty saying “No” when asked to volunteer. With all his colony work and community work, Ted still gets to volunteer doing something that is as much play as work. If you ever golf at one of the Golden Horseshoe courses, you might find him as your starter or ranger a couple of days a week.

What advice does Ted give to others who have yet to start volunteering? He recommends looking at the VolunteerWilliamsburg.org website to see what openings there are in our community. He thinks one should consider selecting a local activity that either utilizes previous career skills or something that is totally new, perhaps something you’ve always wanted to do but couldn’t find the time. Of course, he also recommends that one take the CLS classes where there would be exposure to almost every opportunity in the greater Williamsburg community. Finally, check out volunteer opportunities within Ford’s Colony on our fchoa.org website.
Financially Capable Seniors

Financial capability is especially important for older adults because they face unique challenges, including income tax on pensions and social security, and required minimum distributions (RMDs) from IRAs and other retirement savings plans. Below are some good practices to keep in mind.

Financial Goal Setting: Seniors should continue to set goals and make plans to reach them. Examples include travel, buying new cars, setting aside money for health care expenses, establishing a reserve for maintenance and repairs on your home, and helping grandchildren with education.

Prudent Tax Withholding: Many retirees have taxable sources of income such as Social Security, RMDs, and pensions. You should regularly review withholding amounts and ensure that you are making monthly or quarterly tax payments to avoid tax liability at the end of the year. Ask for advice from your accountant or financial advisor if you are not sure.

Investment Knowledge: Don’t put money in investment opportunities that you don’t fully understand or feel comfortable with, and don’t be lured into an investment offering abnormally high returns. If you can’t explain an investment simply to others, you probably don’t understand it well yourself.

Growth Potential: Historically, stocks or equities have outpaced inflation better than other investments over time. Consider keeping at least 20% of your investments in stocks or stock mutual funds to maintain purchasing power. Also, get some help to assess your current investment portfolio and the probability of sustaining an acceptable income stream for your expected lifetime.

Laddering Fixed-Income Assets: When investing in CDs or bonds, try staggering maturity dates for better income continuity over time.

The “Age Card”: Take advantage of a variety of discounts on products and services that are available to seniors, which are quite prevalent in greater Williamsburg. Just ask—you may be surprised that a discount you were not aware of is offered.

Scam Avoidance: Older adults are disproportionately affected by scams and fraud. Check out the Aging Services Library at the Ford’s Colony website (see last paragraph) for articles on “Senior Citizen Targeted Fraud” (January and March 2013).

Household Debt: Monthly debt payments (excluding mortgage and car loans) should stay below 15% of after-tax income. Greater than 20% is a red flag. Also, many seniors have learned the lesson that setting up a reserve to fully pay off credit card balances every month is a financially rewarding practice to avoid cascading credit card debt.

Longevity Planning: Specific actions should be considered to prepare for a long life expectancy and future frailty, including prudent withdrawals from retirement assets, long-term care insurance (or self-insurance), a durable power of attorney, and a living will.

Strong “Social Capital”: Social capital means having a support system of family and friends, and the ability to access community services when needed.

To check out aging services in greater Williamsburg, or if you would like to review past Aging in Place Talk of the Colony articles, the Aging Services web page can be accessed at fcboa.org; select “Information on Aging Services” on the left panel. If you need help or don’t have access to a computer, call Community Services at 208-4230.

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Note. This is the first article in a new series featuring sights, attractions, and events in the greater Tidewater region. We’d like to summarize interesting activities within an hour or two drive from Ford’s Colony, particularly for newer residents. If you’d like to highlight one of your favorite day trips, please email a Word document and photo(s) to trlowe777@gmail.com.

My wife, a good out-of-state friend, and I recently visited Smithfield on the Southside for a little shopping and lunch. We always enjoy the small town atmosphere, antique shops, and farmers market.

On the way home, we decided to see what Bacon’s Castle was all about. It’s slightly less than an hour from Ford’s Colony, depending on the timing of the Jamestown-Scotland ferry, and the weather was delightful. Admission was $8, but only $6 for seniors.

Bacon’s Castle is the oldest surviving all-brick house in Virginia. Built in 1665, it was occupied by only three families for the next 300 years. Preservation Virginia acquired the house, gardens, and outbuildings from the estate of the last private owners in the 1970s. After an extensive research and restoration effort, the house was opened to the public in 1983. It was closed again in 2011 for a year of further research and interpretive planning.

One of only three surviving high-style Jacobean structures in the western hemisphere, this architectural gem features distinctive triple-stacked chimneys and curved Flemish gables. We had an excellent guided tour of the main building, including all four floors. I won’t divulge how the home, first owned by the Allen family, came to be called Bacon’s Castle, but it’s an interesting story.

You can also tour the adjacent garden, the oldest English formal garden in North America. All plantings along the forcing wall and western side are selected from a list of plants grown in Virginia in the 17th century, including larkspur, hollyhocks, snapdragons, and columbine. Both the house and the garden demonstrate that well-to-do colonists imported sophisticated English lifestyles to the new world much earlier than historians had previously thought.

If you’re interested in visiting, take Jamestown Road to the ferry terminal. Once on the south shore, continue on VA-31 for 4 miles to Surry. Turn left at the traffic light, and then follow Colonial Trail (VA-10) for 7 miles. You’ll see several signs for Bacon’s Castle, but it’s a left turn at the gas station. Additional information can be found on their website at preservationvirginia.org/visit/historic-properties/bacons-castle.
Beautiful Bermuda was on nobody’s bucket list in the 1600s. The reefs surrounding the islands are treacherous, making a purposeful entry to harbor all but impossible 400 years ago. The screeching cahow birds would have sounded to the superstitious in the 17th century like wailing demons. They called the place the “Isle of Devils.”

Sea Venture was the flagship of the relief fleet sent from England to Jamestown in 1609. Hit by a hurricane, six vessels limped into Jamestowne with most of the provisions spoiled. The Sea Venture carried the senior leaders and wrecked on Bermuda. Even as the gunwales were awash, Captain Newport, Admiral Somers, and Governor Gates must have been wondering which fate was better: drowning at sea or being wrecked on that abhorred shore.

Unlike those shipwrecked Jamestowne settlers, we arrived safe and dry in Bermuda on a lovely April day. Bermuda is not only pink coral beaches, gentle turquoise waves, and great golf courses. We spent the week meeting interesting people, learning about Bermuda’s history, and sampling the local favorite, the “dark and stormy” made with Bermuda dark rum. Our interest in Bermuda started with our interest in Historic Jamestowne where the recent discoveries are showing the connections between the earliest British settlements in America. For example, Bermuda limestone was found inside the Jamestowne fort site in a 1610 context. This was ballast used in the new ships built by the Sea Venture survivors.

We began our visit with an art auction and reception at the World Heritage Center in the town of St. George. Located at the northeast tip of Bermuda, St. George is a UNESCO World Heritage site. There are many limestone walled and roofed buildings dating from the 1700s. Like in Williamsburg, St. George’s early structures survive due to 20th century preservation efforts and the fact that the capital was moved to Hamilton in 1815. St. George residents supported Washington with gunpowder during the revolution, and traded with the Confederate blockade runners during the Civil War. The art auction was held in the 1860 building that served as a warehouse for the goods traded with the blockade runners. We all enjoyed climbing aboard the full-size replica of the ship Deliverance built by Sea Venture survivors near what is now the town square.

Our group paid homage to the Sea Venture survivors by visiting the monument at the site, just to the east of St. George, where they struggled ashore. We wore our Historic Jamestowne shirts in honor of the event. It was a balmy day, and we wondered why anyone would trade such a place for the heat and humidity of Tidewater.

One day we visited John Cox at his family home “Orange Valley.” Mr. Cox traces his lineage through several major Bermuda families back to the 1700s. His ancestor Captain William Cox built the home in 1802. We were in awe of the huge India rubber tree planted in the garden by Captain Cox. John Cox has served in the Bermuda Historical Society for many years and has written several books about Bermuda in the 18th and 19th centuries, when maritime trade provided the country’s economy. He gave each of us an inscribed copy of his Life in Old Bermuda. On another evening, we dined with Lucy and Mike Murphy at their home overlooking Hamilton Harbor. Several other Bermudians joined us and we enjoyed a lively conversation about their hopes and plans for developing the island while preserving its heritage. Large cruise ships are not bringing tourists who spend time getting to know Bermuda and its people. In contrast, we were in conversation with people who shared stories of their island lives. One such person is Winny, who led us on a memorable ride through the back roads of Somerset, where she grew up swimming around the docks and playing in the caverns of old British Fort Scaur. On every street there was a pretty pastel painted house where one of her family lived.

We discovered the Masterworks Museum, a cultural gem where art depicting Bermuda is being collected. Many of these works were taken off the island, but are now being returned. Tom Butterfield, the museum director, showed us his prizes in the vault room, including two Winslow Homers and a Georgia O’Keeffe. Upstairs, we visited an exhibit recalling Samuel Clemens’ affection for the island; he visited on seven occasions. Our group could empathize with the sentiment behind his quip: “You can go to heaven if you want. I’d rather stay here in Bermuda.”

Footnote: If you would like to catch some Bermuda history and see this beautiful country, you might want to participate in ‘Star-Spangled Bermuda 200’ commemorating key events in the War of 1812, and specifically the events of August 1814 when the fleet that sacked Washington sailed from Bermuda. Included are: a walking tour of St. George’s; supper at Fort St. Catherine near where the Sea Venture survivors came ashore; a tour of the Royal Naval Dockyard with historian Tim Rogers; and cocktails in a private home overlooking Hamilton Harbor. (Visit bdatix.bm.)
GET IN ON THE ACTION

Ford’s Colony is a great place to live, and the fact that it is so close to Williamsburg is a big reason why that is so. Most of our residents live an active lifestyle, not because our doctors say we should, but because we enjoy remaining useful and significant, no matter our age. The Talk of the Colony runs a regular column about volunteering within our neighborhoods. I would like to suggest that you seriously consider joining the already large group of colonists who volunteer outside the gates at Literacy for Life, an organization housed at the College of William & Mary School of Education building on Monticello Avenue (where the hospital used to be). Literacy for Life provides instruction in reading, writing, and math for native English speakers, and English Literacy/Civics for non-native English speakers.

I spoke with Program Manager Fiona Van Gheem recently. She provided me with lots of statistics showing the need for Literacy for Life: 700 learners working towards their goals, over 20,000 learner hours logged, and 350 trained tutors. The life-blood of Literacy for Life is the tutor. Tutors help learners become better prepared for everyday tasks—and they change lives, for the present and the future. The most important and disturbing statistic is that there is now a list of more than 30 learners waiting for a tutor! Here’s where you could get in on the action.

Don’t stop reading now! Are you thinking that this is definitely not for you because you are not a trained educator? You are, or were, in business, banking, the military, the clergy, the health care field, or a housewife. You are wrong! Each of these professions and more are represented among the active tutors at Literacy for Life, and it is this varied experiential background that makes the gift that you can give so valuable. I tutor on Wednesday mornings, and I see at least eight Ford’s Colony residents working with learners at that time. Executive Director Joan Peterson is also one of our neighbors.

The requirements for being a tutor are not difficult. You need to be at least 18 years old, possess native-like command of English, and are:

- Eager to learn new things;
- Patient, kind, and respectful of others;
- Committed, responsible, and available to tutor at least one and a half hours per week for one year;
- Well prepared for sessions, realistic in your expectations, and willing to celebrate small victories;
- Eager to improve your tutoring skills through professional development (one in-service workshop per year is required); and
- Reliable about reporting hours and completing requested paperwork.

Training and extensive resources are provided for tutors—workbooks, easy-to-read novels, grammar texts, math and science materials, a fully-arrayed and staffed computer center, and not least of all, an exceptional staff that is supportive in all situations. The tutor and the learner meet each other one-on-one at a mutually-agreed upon time, usually at the Literacy for Life center. For more information, view the video at literacyforlife.org/volunteers. Training for tutors is from 9 to noon August 7, 14, and 28, or on September 5, 12, and 26 at the same time. You must attend all three sessions in the month.

So often I have heard people bemoan the fact that immigrants come to the U.S. and expect us to make language exceptions for them rather than them learning our language, or that we pay through the nose for welfare programs for those citizens with too little in the way of literacy skills to get jobs or better jobs. By becoming a tutor at Literacy for Life, you can have a personal role in reversing this! Being a tutor is a win-win situation. You stay mentally active by providing a critically-needed service and you make new and valuable friends who look to you for acceptance, approval, and as someone with whom they can share their goals and joys.

The highlights of my experience as a tutor at Literacy for Life include watching a learner take the oath of citizenship to become a naturalized citizen and knowing that I helped her achieve this goal, and being credited by another learner for enabling her to move into a management job at her workplace. Get in on the action!

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On June 21, 75 Western Gailes residents attended a Summer Solstice Block Party in the Portmarnoch cul-de-sac.

YARD SALE—SIGN UP NOW!

Signup is now open for the October 4 yard sale. The event will be held from 8 a.m. to noon at the Historic Triangle Community Center located at 312 Waller Mill Road.

Drop a check for $22 per table, made out to Phyllis Eastman, at the John Port guardhouse to reserve your spot (first come, first serve basis). Please include your name, phone number, and email address. Tables and chairs are provided for participants. Tell your neighbors and friends to reserve their tables today. Contact Phyllis Eastman at 258-1198 or reastman2003@verizon.net with any questions.
WHAT MONTH IS IT?
BY SUE MCSWAIN

If you are reading TOC from cover to cover, you already know it is National Immunization Month and (hopefully) you have a plan! What about the other 20 or so official August designations? Yes, August is the month when we are encouraged to eat catfish, Panini, and goat cheese, but it is also What Will Be Your Legacy Month. Founded by speaker and novelist Martha J. Ross-Rodgers, What Will Be Your Legacy Month invites us to reflect on how we want to be remembered. Were we a change agent, a fabulous story teller, or a trusted confidant? Perhaps as important, it reminds us that what we do and how others perceive us will dictate that legacy. Take the month, then, and ponder how you want to be remembered, then see what you are doing, can do, and need to do to make it happen. And, after all the deep self-reflection and plans for change, have a bite of catfish.

Charity Events

Music and the Brain™ Lecture-Concert
Saturday, September 6

Neurologist Kamal R. Chémali, MD, will be joined by Prisca Benoît, concert pianist, in a program sponsored by Williamsburg Landing and The Williamsburg Symphonia at the Williamsburg Regional Library, 515 Scotland St. This popular lecture has been presented throughout the nation at many medical symposiums dealing with cutting-edge research on the beneficial effects of music on the brain. One of the program’s objectives is to increase awareness in the medical and musical communities, as well as in the general public, of the important interaction between music and medicine.

The presentation begins at 4 p.m. and is open and free to the public.
Information: 229-9857.

Heritage Humane Society’s Make Par for Pets Golf Classic
Friday, September 26, 1 p.m., Shotgun Start

Williamsburg National Golf Club, Jamestown Course
Two Hole-in-One Contests
Win a new Toyota/Win $25,000
Cash Prize Putting Contest
$100 per golfer includes lunch and after-golf beer/appetizers
Register at heritagehumanesociety.org or contact Cindy Rogers at 645-7479

Website Tip Box
How can I find out what the Board of Directors and the various HOA committees are doing?

All residents and property owners are invited to attend any meeting of the board. Each meeting is announced through an official email that includes the agenda. The schedule is also publicized on the front page of the Talk of the Colony, and on the FCHOA website at fchoa.org under “Home,” then “Calendar,” and then under “Board and Committee Meetings/Special Meetings.” Regular board meetings are generally held at 2 p.m. on the fourth Thursday of each month. Quarterly committee reports are presented at the meetings in April, June, September, and December. Additionally, town hall meetings are held in the evening one or more times a year.

Committee meetings are also open to HOA members; scheduled meetings are listed on page 2 of the Talk of the Colony. Minutes of board and committee meetings are available at the Community Services Office and on fchoa.org under “Meeting Minutes.”
Well, here I go again—reading another romance novel that I previously said was not “my thing.” However, my good friend and local author Ron Munro recently published *A Formidable Comfort* in sequel to his first novel *Elegance and Simplicity* that I reviewed in the *Talk of the Colony* in 2012.

In my earlier review I said I could not stop turning the pages. *Elegance and Simplicity* portrayed the meeting of Cedric Stacey and Ariana Atwood, whose young lives intersected as they undertook the renovation of Southjoy Mission, a long-neglected mansion under the care of Cedric’s aunt, Lady Sylvia, near Bath, England. In the first novel Cedric and Ariana’s relationship begins with tension and animosity due largely to the difference in their respective socio-economic stations. Mutual distrust peaks when Cedric believes Ariana is making flawed financial decisions while all along Cedric and his aunt are targets of a swindle orchestrated by a supposed family friend. As the scandalous mystery is resolved, Cedric realizes how he has wronged Ariana, and the two discover their love for each other. *Elegance and Simplicity* concludes with the young couple getting a second chance at love.

To establish a context for the style in which the novels are written, the author somewhat tracks the evolution of 19th century romance literature. For example, *Elegance and Simplicity* is a discovery-of-love story similar to Jane Austen’s *Pride and Prejudice*. In contrast, the sequel, *A Formidable Comfort*, is a romantic drama similar to Charlotte Bronte’s *Jane Eyre* in which circumstances keep the would-be lovers apart. In this sequel, the author describes the challenge Ariana and Cedric’s relationship must endure. He states that Ariana and Cedric “…will be drawn into a series of schemes and counter schemes… in a journey that will stretch from Bath to London and onto the high seas, love itself will be immersed in a trial of endurance and a test of its persistence against the abject odds of alteration and survival.”

Leah Price authored a review of *A Formidable Comfort* in her “Writers’ Block” column published in the Newport News, VA, *Daily Press*. Ms. Price cites two paragraphs from the first chapter that describe how Ariana and Cedric realized their love for each other.

Ariana: “There was a moment, the turning point of her life, when she stood in her father’s study in the presence of Cedric Stacey. Of that particular memory, she no longer permitted herself to remember how, in that moment, the strain of her emotions had descended on her in a sudden wave of exhaustion, how it had brought her to near collapse. What she remembered, and willingly, was the strength of Cedric’s arms, the graceful manner of his guidance as he compelled her to sit while he knelt beside her. She remembered looking upon him as though truly seeing for the first time, not the façade, but the inner being and finding it unencumbered with pretense. It was a moment of incorruptible serenity, and it was in that vision that she beheld the tranquil revelation of her love.”

Cedric: “The image of hurt upon Ariana’s face, provoked by Cedric’s own wrongful accusations, haunted his thoughts. He loved her. Of that, there was no doubt, and he no longer harbored any pretense of denial in that regard. From the moment she dared to challenge his wit during a chance encounter… he had loved her, even though a comedy, vested deeply in the prejudicial heritage of humanity, would have to be played out before he would perceive it, comprehend it, and embrace it.”

Both *Elegance and Simplicity* and *A Formidable Comfort* are available in print version. They are also available as eBooks from *Amazon.com* and *Barnes and Noble*. You can read more about Mr. Munro and his other works at his website *softlyworded.com*, or you can meet him at the Williamsburg Book Festival in September. Ron can be reached by email at *RGMunro@softlyworded.com*. He is available to participate in events and visit book clubs for discussion.
Night Adventures

Ed von Gehren and his wife Linda have lived in Ford’s Colony for 11 years. This poem is taken from his recent book of poetry, Gathering Patterns (available for sale by contacting GehrenHausPress@cox.net). He says that “To write is to reveal who you are. In my own life, I found that the play of words, the taste of them as they tumbled from my mouth to express pictures that churned in my head, had always been the height of joy for me. Writing has always been visceral, stirring feelings of great pleasure or deep sadness, even for some of the most mundane pennings.”

When birdies to their nest at night,
and daylight sounds have taken flight,
I climb into my little bed
and lay me down my little head.
As new sounds of the night begin
and fill my ears, I tuck my chin
beneath the blankets thick, secure,
to fill my dreams with thoughts most pure.
No night-time monsters visit me.
My soul, like birdies flying free,
is comforted by innocence
as pure thoughts meet no hindrance.

Then off I journey through the night
to far off vistas far from sight
of ordinary worlds, where joys behold
the wonders of stories often told.
Of forests deep and landscapes green,
where dangers lurk and bravery seen.
Of spired castles strong, secure.
Of noble knights and deeds most pure.
Of course I too have sword to swing
with parry-thrust at everything
that threatens harm to damsels fair -
even mighty dragon in his lair.
As rushing off on noble steed
to uphold promise of fearless deed,
I am cheered by young and old,
my reputation brave and bold.
I shrink not from a bloody fight
but face head-on and show my might
to overcome the fiercest foe,
dispatch his threat with single blow.
Though damsels fair will often wish
to show their gratitude and kiss
my cheek. I doff my helmet and decline,
“Just a deed to do. The honor’s mine.”
I’ll spend my night thus glory bound,
and find that I am often crowned
as hero to a welcome cheer,
proclaiming victory mine to hear.

On other nights I’ll sail the seas,
to follow trade-winds as I please.
Where sea breeze tosses ship and hair,
and straining helm asks if I dare
to challenge oceans breadth and might,
and sail a path far out of sight
of land; a course not easily taken.
But I am bold, not easily shaken.
The oft told grave-yard of ships at sea
shall never threaten or capture me.
I hold my stand upon the deck
And fly at fear where others wreck
many once fine ships, much like my own,
who met their end to wild winds blown
across their gunnels, till tipping low
they capsize and sink to depths below -
where crabs and creatures claim their homes,
il-fated crews rest their well picked bones.
But I, with legs splayed wide and fast,
maintain a hold, and watch the mast,
the salt drenched lines, and rigging strain
to hold the last of wind-torn main.
I brave the wind that slaps my face
with salty spray; I hold my place
where cruel winds howl and fierce waves toss;
I challenge the teeth of danger without loss.
I’ll ride it out ’till seas grow calm,
and waves in gentle rhythm balm
rock the ship with ‘lullaby’ tones,
sing to fallen crew’s clean white bones.

When morning comes I shake my head,
and slowly swing my legs from bed.
I find it strange to be so tired,
but then recall what just transpired.

If you would like your poetry, prose, or very short story to be considered for this column, please submit it to jeannekoubestani@msn.com. Word count is about 500 or less. The editors have the final say.
Homeowners association (HOA) law is a nuanced, highly-specific branch of property law. The law sets out the sorts of power that an HOA can control, as well as setting out parameters for how that power can be executed. When defined communities agree to abide by a uniform set of rules, those rules are usually codified and enforced by a homeowners association board of directors (BOD). In some respects, the board becomes a quasi-legal entity, with insulated rules all its own. It is thus imperative for the BOD to secure legal representation and to make sure that all of its actions are carried out in a way that complies with the governing law. A homeowners association attorney represents and advises HOA board members on a wide variety of contract and property rights matters. The attorney may be in charge of drafting community rules in a way that complies with governing law, enforcing those rules against homeowners, and providing broad advice to association members about leadership responsibilities and organizational structure. He or she may also advise board members and residents as to their rights under law, and represent the association in any lawsuits.

An attorney doesn’t represent the board, individual board members, individual homeowners, any group of homeowners, or the manager; he or she represents only the association. As a result, even though members’ dues pay the bill, members do not have the right to call the association’s attorney to ask questions. Because communications (letters, emails, etc.) between the board and legal counsel are privileged, members do not have the right to inspect those communications.

One BOD member is normally designated as the contact with the legal counsel. Because the attorney acts as legal counsel for the corporation rather than individual directors, the attorney generally cannot agree to keep communications with one director secret from other directors. There are exceptions, such as when one director is in litigation with the association or an executive committee has been formed to deal with a particular issue.

The attorney also advises the board on its responsibilities and obligations. And as BOD terms expire, the attorney acts as the de facto association historian, so that the board can provide continuity in policy-making and operations.

A community’s legal counsel is one of the most important people involved in an association. Not a volunteer, but a paid—and integral—member of an association’s professional team, an attorney is intimately familiar with what is happening in a community. Because community association law is complex and ever changing, it is critical to retain an attorney who is knowledgeable in a wide variety of practice areas, including architectural and design review, collections and foreclosure, construction warranty, contracts, directors’ liability, employment, environmental law, insurance, premise liability, real estate, taxation, and water regulation.

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Silt Restaurant

If you are like me, you are always looking for good, new restaurants to try. So, we were happy when some friends of ours suggested that we all try Silt, the new restaurant in the space in the Village Shops at Kingsmill where La Yaca had been. Of course, the first reaction to this restaurant is to wonder about the name. Who would name a restaurant after dirt?

The answer is Nelson and Olivia Miller, the executive chef and owner, respectively. The name Silt is purposeful, as their concept for the restaurant is Farm-to-Fork—they don't want anyone to forget the linkage of soil, farming, and food. Their restaurant concentrates on Virginia-grown products, and prides itself on the freshness of the food. While there is a standard menu, the specials and accompaniments change from week-to-week, depending on availability.

This focus even extends to the substantial wine list. Instead of grouping wines in the usual way—reds and whites, and the varietals within each—the wine list is grouped by the type of soil in which each grape is grown. Even the white wines and red wines are grouped together. In a somewhat counter-intuitive manner, you can tell which wines are white, because they are printed in red ink. When I asked Nelson why that was so, he said it was to challenge expectations and create surprise.

As you can guess from all of this, Nelson Miller is a young and adventurous chef. He has worked in local restaurants before, including Blue Talon, I think, but he and his wife always wanted to open their own. Now is their time. Nelson says he finally gets

Chef Nelson Miller is very happy to finally be able to “play with his food,” and he plays well.

Everyone liked their main courses. One person had the tea-brined pork chop. It was quite substantial and he said that it was the best pork he had ever had in a restaurant. Another had the roast chicken, which was also deemed excellent. My wife had the local tilefish—the market fish that day—and I had the lamb tenderloin, another special. The tilefish came with a risotto cake stuffed with feta cheese. The lamb came with mashed sweet potatoes. My wife, however, doesn’t eat feta cheese and I don’t eat mashed sweet potatoes. So, the chef was happy to switch those courses, and we both were happy. In fact, the chef makes a point about his willingness to accommodate dietary restrictions, allergies, and the like.

OK, back to the food. The tilefish was very well prepared and moist. The lamb tenderloin was superb. All the main courses were very substantial, and none of us had room for dessert. There did seem to be some very nice choices, if one were so inclined, however.

In the end, we found that Silt is a nice addition to the Williamsburg restaurant scene. The nature of the restaurant means that you find some very nice selections and combinations that are not found elsewhere. All that comes at a price however, and the food is not inexpensive. The main courses range from the mid $20’s to the mid $30’s. The appetizers are generally in the teens, soups are about $6 or $7. Still, you get what you pay for, and at Silt, you will get good, local food that is satisfying and a bit out of the ordinary. We will definitely be back.

P.S. Thanks to Gale McCune for letting me fill in for her this month.
Adult Immunizations

The Advisory Committee on Immunization Practices (ACIP) is a group of 15 experts in immunization and related fields that provides advice and guidance on control of vaccine-preventable diseases. The information about specific vaccines is available on Vaccine Information Statements (VIS sheets), which you should receive from your health care provider prior to receiving any vaccine and which are available on the U.S. Centers for Disease Control and Prevention (CDC) website.

The “2014 Recommended Immunizations for Adults by Age” chart was updated in February of this year. The list below includes recommended immunizations for adults 19 to 65 years—and older. You should discuss the recommendations with your health care provider.

**Tetanus, diphtheria, pertussis (Tdap):** Not to be confused with DtaP which is for children younger than seven years of age. All adults should receive one dose of Tdap vaccine, then a Td booster every ten years. Women should receive a Tdap booster with every pregnancy. Infants and newborns have a high risk of death from pertussis/whooping cough.

**Pneumococcal vaccine:** There are two different types, PCV13 and PPSV23. PPSV23 is recommended for all adults 65 or older. Your health care provider will determine which vaccines are needed.

**Zoster/Shingles:** The CDC recommends a single dose of shingles vaccine for adults 60 and older even if you have had shingles. Shingles is a painful skin rash caused by the chickenpox virus. It occurs on one side of the face or body, is painful, and can last up to four weeks with no cure. Antiviral medicines can help shorten the length and severity of the outbreak if started as soon as possible once an outbreak occurs.

**Varicella/Chickenpox:** People who have never had chickenpox or chickenpox vaccine should get two doses at least 28 days apart. Before this vaccine was available, about 100 people died each year from this infection.

**HPV vaccine:** There are two types of genital human papillomavirus (HPV) vaccines and one or the other is recommended up to age 26 years. HPV Cervarix is for females, the other is HPV Gardasil, which can be given to males or females. Your health care provider will determine what you need. This vaccine can prevent most cases of HPV, which is the most common sexually transmitted virus in the U.S. It can cause cervical cancer in women.

**Measles, mumps, rubella (MMR):** At least one dose is recommended for anyone 18 or older, born after 1956 unless proof of having all three diseases or vaccination is shown. If you plan international travel and are unsure of your immunity, talk with your health care provider. Folks traveling abroad can become infected during travel to countries where measles still occurs and then spread the infection to unvaccinated or unprotected persons.

**Hepatitis A vaccine:** Two doses are required and the schedule depends on whether Havrix or Vaqta vaccine is used. Recommended for international travelers.

**Hepatitis B vaccine:** Three doses of either Recombivax-HB or Engerix-B are required at zero, one, and six months schedule. The vaccine can prevent hepatitis B and serious consequences of hepatitis B infection: liver cancer, cirrhosis, liver failure and death.

(Twinrix includes both Hep A and Hep B vaccines and may be considered as an alternative by your health care provider if both vaccines are recommended).

**Polio vaccine:** In the U.S., adults do not need polio vaccine because it was given in childhood. If you will travel to polio-endemic or high-risk areas of the world, talk with your healthcare provider or travel clinic to determine if a polio booster is required.

**Influenza/Flu:** The single best way to prevent the flu is to get your flu vaccine each flu season. There is a high dose flu vaccine for people 65 and older and an egg-free vaccine for those with egg allergies between 18 and 49 years old. There is also a vaccine given as a nasal spray approved for healthy people ages 2 to 49. Your health care provider will determine the best method of vaccination for you.

The best time to get vaccinated is when the seasonal flu vaccine becomes available and by sometime in October before the flu season begins in earnest. It takes about two weeks after you receive the flu vaccine for antibodies to develop in your body to protect you from influenza infection. Influenza outbreaks usually peak in January or February in our area.

A person with the flu is contagious beginning one day before and for five to seven days after their own symptoms start. Not everyone with the flu will have a fever, though it is common. Symptoms include cough, sore throat, muscle and body aches, headache and severe fatigue. Nausea and vomiting can occur. Folks with certain medical problems as well as older people, young children, and pregnant women are all at a higher risk for flu-related complications. See your health care provider promptly if you think you have the flu. Antiviral drugs like Tamiflu (oseltamivir) and Relenza (zanamivir) work best when started within two days of getting ill.

**SOME TIPS TO STAY WELL:**

Cover your mouth and nose with a tissue when coughing or sneezing, and then throw the tissue away. If you don’t have a tissue, cough or sneeze into your sleeve or elbow, not your hands.

Wash your hands often, using warm water and soap for at least 20 seconds. Use an alcohol-based hand wash if soap and water are not available, then use soap and water as soon as possible.

Keep your hands away from your eyes, nose, and mouth.

Stay home when you are sick. If that is not possible, avoid close contact with others to prevent them from getting infected too.

References: cdc.gov/vaccines, cdc.gov/flu, mayoclinic.org

Marilyn Mason is an RN with a bachelor of science in nursing and certified as an occupational health nurse specialist and case manager. She has recently retired as a contractor at NASA and lives in Western Gailes.
Therapeutic Gardening (first in a series)

BY PATRICIA CROWE, Master Gardener and Co-chair, Therapeutic Gardening Project; Member, FC Garden Club; Member, Colonial Triangle Unit – Herb Society; Garden Guide, Colonial Williamsburg

Therapeutic Gardening, the largest among the Virginia Cooperative Extension (VCE)/James City County-Williamsburg Master Gardeners Community Outreach Projects, began as a pilot program in 2000 at the Williamsburg Landing’s assisted living facility. The project has grown to 12 programs in 2014, conducted in memory-care units, assisted living facilities, Eastern State Hospital, and facilities for special needs students and adults in the Williamsburg area. In addition, our team has designed, planted, and maintains an enabling garden at Eco Discovery Park. The Therapeutic Gardening project team has 68 master gardeners/interns and reached over 1,300 clients in 2013. We serve as a model for this activity in the commonwealth!

What is Therapeutic Gardening? Gardening is among the oldest of the healing arts. Therapeutic Gardening adapts gardening and horticulture activities to people with special needs. Therapeutic Gardening helps our clients improve mobility, sharpen their senses, and promote their sense of self-worth. We plant, we harvest, we sing, we journal, we make garden-related craft items, we prepare snacks, we admire the beautiful flowers from master gardeners’ gardens, we reminisce about gardening back in the day. Therapeutic Gardening brings our love of gardening and sharing the gifts of nature to the community. Most of our clients can’t come to the garden, so the garden comes to them!

Our team educates the public at the local farmers’ market, speaks at functions through the Master Gardener Speakers’ Bureau, conducts symposiums and teaches other master gardener units how to design a program for their community. Sixteen Ford’s Colony master gardeners/interns are involved in one or more of our programs. Why are they involved? “Personally, I love the creativity of the program and the delightful people I meet. In this way, I honor the memory of my parents and grandparents, all devoted gardeners,” explains Kathy Briggs, master gardener and co-chair of our Patriots’ Colony AL program.

I was able to observe the benefit of the lessons that were specifically designed for the residents in each group. These activities not only provide enjoyment, but create a structured setting for cognitive learning, group discussion, camaraderie, and encourage a cooperative activity environment. Next month, I’ll share additional details about several of our Therapeutic Gardening programs.

Jamestown Settlement: A Garden to Visit

BY CAROLYN BATTLE

A visitor may expect to see the native Indian plants of corn, beans, squash, gourds, pumpkins, sunflowers, and tobacco growing in the “outdoor living history museum.” A visitor might also expect to enjoy a park-like setting of serpentine walkways meandering through well-manicured grounds surrounded by evergreen-landscaped walls that shut out the world. The visitor soon notices that Jamestown Settlement has gone the extra landscaped mile by incorporating planting beds brimming with deciduous and evergreen trees and shrubs mingled with seasonal-flowering plants. Facing the rear of the building, these beds are 25 feet deep and range from 50 to 100 feet wide! This visitor can dine inside or outside the Settlement Café with a view of the Café Meadow Garden, a raised, brick-walled garden with many native, flowering plants. Visit and enjoy the garden!
DOWN THE GARDEN PATH

Ford’s Colony Garden: John Pott/Edinburgh intersection list of plantings

Trees: Acer palmatum ‘Emperor 1’; Japanese Maple

Helpful Hints

BY ELIZABETH MASLEN

Try wearing a pair of the cheap plastic gloves under your gardening gloves. They can get rather sweaty if it is hot, but they do stop the dirt getting embedded under your fingernails. I can’t promise they will preserve your manicure, but it does help a little!

Colonial Williamsburg—The Palace Garden #14: An Unusual Plant

BY KRIS SAUNDERS

On the Palace Garden tour, the guide noted this plant’s leaves as “the detergent” used in the kitchen in colonial times to clean dishes.

Saponaria officinalis is a common perennial plant of the carnation family (Caryophyllaceae), with common names: common soapwort, bouncing-bet, crow soap, wild sweet William, and soapweed. Derived from Latin sapo (stem sapon-) meaning “soap,” its utility is in cleaning, producing lather when in contact with water.” In World War II, “bounding bet” was a type of “land mine.” It has historically been used to clean delicate or unique textiles.

ASK THE ARBORIST

By: Andrew Koenig
Williamsburg’s only Board Certified Master Arborist

Pest & Disease Control Should Begin Now!

Pests and diseases are gearing up for another season of battle against trees and shrubs. Many pests & diseases adversely affect the health and aesthetics of trees and shrubs early in the season. Therefore, it is better to take a proactive approach to prevent pest & disease problems rather than a reactive approach after the damage occurs. A few pests & diseases we treat on our client’s property:

• Bark Beetles/Borers
• Scales
• Caterpillar defoliators
• Mites
• Leaf Diseases
• Root Rot

Bartlett Tree Experts takes a scientific & environmentally friendly approach for treatment timing. With proper timing, we are able to achieve great results while reducing chemical use in the landscape by 90%.

For more information or to schedule a complimentary consultation of your landscape call 757-234-0403
Caring Neighbors volunteers have provided services to our residents in many ways this past year. The Cares and Concerns committee has sent notes expressing sympathy and support to families experiencing illness or death. Our Cook’s Pantry cooks have offered meals, and Granny’s Attic has loaned a number of items to families expecting young visitors. Handymen have helped families with household repairs, and Nurse’s Closet has provided items for those temporarily in need of a walker, wheelchair, etc. Transportation Service has offered many rides to doctor appointments, etc., and our Stork Club remains ever ready to welcome new babies to our community. We are grateful to our many volunteers for their outstanding assistance. If you or anyone you know is in need of any of our services, please contact Mandy Baldridge at 645-4039 or mjbaldridge@cox.net or any one of the contact people listed below. You can also notify us by going to fchord.org, selecting “Contact Us” and selecting Caring Neighbors from the dropdown list. Caring Neighbors is here to help our Ford’s Colony neighbors—so please let us know when we can be of help.

A SPECIAL NOTE OF THANKS to Joan Hartgen, who has been the chair of the Caring Neighbors Nurses Closet for the past nine years. Joan, we thank you for all your help and support and wish you well.
AGING IN PLACE

The Aging in Place Service Group meets on a monthly basis to identify opportunities for Ford’s Colony homeowners to more safely and comfortably live in their homes as they age. The group has developed the “Aging Services” web page as part of the Ford’s Colony Internet site (fcboa.org). The page is designed to be easily used by residents and/or individuals who may be caring for them in times of need. The web page does not include medical or health care practices or services, but it has links to providers who may be of assistance.

If you want additional information or would like to participate, please contact Ted Juraschek at theo_juraschek@msn.com or 565-6165.

ARTISTS LEAGUE

The Artists League meets every Tuesday afternoon from noon to 3 p.m. at the back of the large room on the right side. We have artists working in different mediums and at different levels of accomplishment from beginners to more experienced artists. You will see people using oils, acrylics, watercolors, pencils, and pastels. We work at tables with our own supplies as we enjoy each other’s company and conversation.

Some of our artists exhibit and sell their paintings at Harry’s Tavern. We change our paintings four times a year, January, April, July, and October. Many of us also belong to This Century Art Gallery down the street from the library on N. Boundary Street and exhibit there also. Members of the gallery show their work on the upper level and there is usually some kind of unifying theme. We occasionally have an art show at the S&T Club and all these activities provide inspiration and purpose.

We welcome new members and have much to offer in the way of information, advice, and direction. If you are an artist or would like to try experimenting in art, stop by some Tuesday afternoon and see what’s cooking—or should we say, coloring.

BID WHIST

The Bid Whist Club meets on the second Thursday of the month at the S&T Club at 7 p.m. except in July and August. Residents of Ford’s Colony are welcome to join or participate. For information, contact Bob Sumlin at 229-8841.

BOSSOM BUDDIES

The Breast Cancer Support Group, “Bosom Buddies,” meets on the third Thursday of each month at 2 p.m. in members’ homes. Those with newly diagnosed breast cancer, as well as all breast cancer survivors, are invited to participate. Other cancer survivors are also welcome. For details, call Lois Nervitt at 258-9669 or email at lsnervitt@cox.net.

BOWLING

In next month’s Talk of the Colony, we will provide pertinent enrollment information for the 2014-2015 seasons. In the meantime, you might enjoy reading a little history about the Ford’s Colony Mixed Bowling League. Thanks go to Ed Flook and Dale Schoenberger for their 2012 Talk of the Colony article on the subject.

The league’s beginnings can be traced back to 1989 with Bob Crossen’s attempt to form a Ford’s Colony Bowling Club. Initial response was minimal, but a handful of avid bowlers showed up for weekly games at the Williamsburg Bowl. There was no competition, no averages kept, and no awards given. It was just a group of individuals having fun and making friends. This form of bowling continued into 1991, when it was determined a more concerted effort needed to be taken if a league was to get off the ground. A core group formally met and began an active publicity campaign for the new league. Forty Ford’s Colony residents responded and formed the first official Ford’s Colony Bowling League.

Conditions of Play were written and the 1991-1992 seasons kicked off on Tuesdays. The 1992-1993 seasons saw an expansion of the league to 64.

In 1995, it was decided that the growing success of the league mandated a second day of bowling and Monday afternoons were added to the Tuesday schedule. Leadership at the time also saw the need to adopt its first set of bylaws. They also added “mixed” to the league name, which became the Ford’s Colony Mixed Bowling League, and the annual banquet was renamed the Awards Banquet.

Finally, it is important to note that of the original 46 bowlers who comprised the original 10 teams, Ed Flook is still a league bowler.

COLONY BYOB

Colony BYOB is an activity where the same 9-12 couples meet each month at the home of one of the members. Each couple brings an appetizer and whatever they would like to drink. The host couple is responsible for ice, glasses, plates, napkins, and cutlery and clean up. It is a great way to get to know people.

If you would like more information about becoming a member, please contact Jennifer Rairigh at jrairigh@gmail.com or 634-9417. Groups will be formed based on interest. We are currently looking for additional couples to join the 4th Saturday BYOB group.

CERT FORD'S COLONY COMMUNITY EMERGENCY RESPONSE TEAM

Following a major disaster such as Hurricane Sandy, first responders who provide fire, rescue, and medical services will not be able to meet the demand for these services. People may have to rely on each other for help in order to meet their immediate life-saving and life-sustaining needs.

The James City County Ford’s Colony CERT organization has been in place since 2004, working to prepare our community—and to help residents prepare—to respond to and cope with the aftermath of disasters such as hurricanes, ice storms, floods, nor’easters,
and more. James City County provides training for Community Emergency Response Team (CERT) volunteers, at no charge, to prepare residents to help themselves, their families, and their neighborhoods in the event of such an emergency.

Don’t become a victim; become empowered! The team meets at 3 p.m. on the first Wednesday of January, April, July, and October at the Swim and Tennis Center. In a disaster situation, EVERYONE can do something to help themselves and others. For more information, contact Don Alms at dralms@cox.net or at 645-7925.

The Colony Auto Enthusiasts will be taking a break during the month of August. Programs have already been set up for our fall meetings. Go to colonyautoenthusiasts.com for all of the details.

If you would like information about becoming a member, please contact Larry Emmons at 645-4833 or Michael Brickey at 645-3421. Remember, having an interest in cars is the only requirement.

Thanks to everyone who came out and celebrated our nation’s independence, albeit a day late on July 5, due to Mother Nature’s decision to bring us some much-needed rain. Several pictures and video can be seen on Ford’s Colony Living’s Facebook page. Colony Kids is on hiatus until September, but please keep collecting Farm Fresh receipts, box tops, and Campbell’s soup labels. All can be turned into the collection box located in the lobby of the S&T Club. These collections help out our local schools tremendously and every little bit counts.

Want to join the Colony Kids team or be an event volunteer? Email fccolonykids@gmail.com with your contact info. We are currently in search of new leadership for 2015, so now would be a great time to see what we’re all about.

We’d love to have new ideas and new faces! Also, remember to “LIKE” us on Facebook to stay in tune with all things kid-friendly around our community.

The date for this gala event is Sunday, August 17.

We usually have about 40 guests, mixed half and half with new attendees and old drinking buddies. If you haven’t joined us yet, now is the time.

We are still asking you to bring a filling hors d’oeuvre, serving 8 -10 people, and $5 per person to cover the expenses. Let us know your beverage preference when you register. Hope you can join us. To sign up for the evening, contact Sally Frazer at sfrazer219@aol.com or Bob Brennan at rbrennan6@cox.net

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On Thursday, September 4, between 5:30 and 7:30 p.m., please come to the Ford’s Colony Country Club driving range with all your friends for a colony-wide outdoor picnic and concert entitled “Music on a Summer Evening.” The Ford’s Colony Dance Band will play Big Band musical arrangements like Bali Ha’i, Summertime, Summer Wind, Beyond the Sea, and Moonlight Serenade.

Admission is FREE, but a TICKET is REQUIRED. Due to space limitations, only 300 tickets are being printed. You can pick them up from the Community Services office or the S&T Club Manager’s office. The band will play from the driving range hitting area near the FCCC Golf Academy building. Seating will be on the grassy hillside facing the driving range. We encourage you to bring lawn chairs, but blankets may be safer on the sloping areas. Leave your cars in the Country Club’s visitor’s parking area (left side as you enter) and walk a short distance, further along the road you entered, to the driving range. You can bring your own picnic or purchase food and drinks from the Country Club’s refreshment carts. The Club will be selling alcoholic beverages, but its license does not permit you to bring them in your picnic baskets.

This event is sponsored by our Homeowners Association, Ford’s Colony Country Club, and Marriott’s Manor Club. What better way could there be to enjoy an outdoor summer evening than to spend it with good music, food, drink and friends? If mother nature doesn’t cooperate and we need to cancel the event, we will send a colony-wide email by 1 p.m. that day. We hope to see you there!

If you’d like to have us play at one
of your club functions, or at a neighborhood party, or at a wedding reception, or at a community fund raiser, we’re just a phone call or an e-mail away. Please contact Larry Stowe at 564-8550 or at FCDB@cox.net.

**DANCE CLUB**

The Dance Club meets on the first and third Tuesday of the month at the S&T Club at 7 p.m. For August, we will continue with our traditional break from ballroom dance instruction and have line dancing on both August 5 and 19. Line dancing for the first 45 minutes will focus on basic line dance steps and less challenging line dances. This will be very beneficial for those who wish to learn line dancing and its ability to cross over into ballroom dancing. The second 45 minutes will feature more difficult line dances and patterns. Everyone is welcome to attend both sessions. Please wear comfortable shoes and bring a water bottle. In September we will resume our normal schedule of ballroom dance instruction on the first Tuesday and line dancing on the third Tuesday.

Club dues are $20 per person per year or $5 per person per session. For more information about the Dance Club, contact John Chiricotti at johnchiricotti@yahoo.com or 259-9229.

**FIT FOR LIFE**

Fit for Life is a program of strength and flexibility exercises to help you maintain a healthy body regardless of your age, ability, or physical condition. The exercises we perform are not strenuous; they can be performed by both men and women. Everyone accomplishes the movements according to his/her own capabilities.

Our exercises stress balance, coordination, flexibility, and muscle control. Physical activities include walking, stretching, ball and bungee sequences, mat and chair work, and movements to music. The only equipment needed is a floor mat and a sense of humor.

*Fit for Life* is an adaptation of the national program *Body Recall*, which has been a leader in fall prevention and fall recovery. *Body Recall* was recently designated by the U. S. Department of Health and Human Services as a Tier 1 provider for improving the health and well-being among older adults.

*Fit for Life’s* mission is to provide a program of exercise and education to help get participants moving and keep them physically active to maintain a healthy body and improved quality of life.

Our group meets at 8 a.m., Tuesdays and Thursdays, for one hour at the S&T Club. Domenica Jernigan, a registered nurse, is the instructor. She can be contacted at 757-258-4838.

**DOG OWNERS**

We’re not meeting in August, so our next meeting will be on Monday, September 22, at 7 p.m. at the S&T Club. We hope you are having a very enjoyable summer; we look forward to meeting with you in September.

**DUPLICATE BRIDGE**

The Duplicate Bridge Club meets each Wednesday at 12:30 p.m. at the S&T Club. These are sanctioned duplicate games and master points are awarded. It is not necessary to come with a partner or to be a member of the ACBL. All levels of players are welcome. Table fees are $6 per person.

Contact Tom Dunck at 208-0548, tom.dunck@gmail.com for further information or visit our website at bridgewebs.com/fordscolony. Information on other duplicate games in Ford’s Colony may be obtained at bridgewebs.com/colonial.

**FORD’S COLONY ARCHERY**

Ford’s Colony Archery, a newly-formed interest group, will meet August 30 at 9 a.m. at the library room in the S&T Club. We are recruiting youth and adult members interested in archery and hunting. Our mission includes providing opportunities for all to promote the sport of archery, hunting, and related educational programs and activities, as well as emphasizing conservation of wildlife and natural resources. We are exploring opportunities to actively participate in developing and implementing an effective program for maintaining an optimal population of deer locally. Please email Jeff, Brian, and Bob at FordsColonyArchery@Outlook.com if you are interested.

**FORD’S COLONY SOFTBALL LEAGUE**

Ford’s Colony Softball is a slow-pitch, recreational softball group, consisting of men and woman over 40. (Guest players under 40 also are welcome.) We play one game per week (Saturdays at 11 a.m.) on the field at the Westbury Park recreational area. Our split season goes from April through June and again from September to November. We also have practice/training sessions during the pre-season and throughout the season.

We are currently raising funds to convert part of the Westbury Park multi-purpose field to a softball diamond, including a backstop. We’re excited about the prospects of a high-quality softball/little league field, which all Ford’s Colony residents, at all ages, may use.

Newcomers, at all playing levels, are welcome. Dues are $20 per year. Team jerseys and hats are available for an additional cost. Please contact Joe DiNuzzo at vadnuzzo2@gmail.com for more information and to sign up.

**VOLUNTEERS IN EDUCATION**

If you are looking for a new, rewarding, community service opportunity, please consider helping our local school children by joining Ford’s Colony Volunteers for Education. You can make a big difference in our students’ lives just by spending a small amount of time with them. Residents volunteer at any level of commitment: as little as one hour once a week to as much as they would like. No previous experience as a professional educator required.
W-JCC teachers, guidance counselors, and subject specialists will provide an orientation to the school, training, and on-going assistance.

Each volunteer is partnered with a child who needs additional individualized attention that will help him or her work toward literacy and learning success. Our program has been recognized by the W-JCC Public Schools as a needed and valued community partner because of the enriched learning experience our residents provide for the children.

For further information on becoming a Ford’s Colony Volunteer for Education, contact Muriel Slaughter at 221-8232 or mslaughter1@verizon.net.

There will be no meeting of Friends and Neighbors in August. FAN will meet again on Friday, September 5, at 7 p.m. at the S&T Club. Please come out to meet our newly elected board members and to catch up on all the summer happenings with your fellow members. Our program for the evening is a historical reenactment featuring Mr. David Arehart, who portrays a revolution-era patriot and professor from William & Mary.

Please note that membership renewal ($10 per person) begins in September, but by sending yours in August, you can avoid a “door crunch” at the next meeting. Checks may be dropped off with Ford’s Colony Security at the John Pott gate. Thank you.

We wish you all a happy, healthy summer season!

The Garden Club has been busy planning an exciting and fun new year. Programs, special events, and workshops have been booked and are just waiting for you to participate. We would love to have you join as our members have already been receiving emails about plants being given away by members, upcoming events, etc.

To join or renew your membership is easy. Just make a check out to FCGC for $15, put it in an envelope marked FCGC, Attn.: Vicki Trainor, and include inside your address, phone number, and email. Then drop it at the John Pott gate. You will immediately be placed on our email list.

Feel free to contact Debbie Abrams at 603-6630 or Terry Sisto at 345-2478 with questions. You can check us out at the fchoa.org website.

Don’t forget to mark your calendars for our first meeting on September 10 at 9 a.m. at the S&T Club. Coffee, tea, and refreshments will be waiting for you!

The Genealogy Club is on summer hiatus in July and August. Our fall program has already lined up the following presenters:

Thursday, September 18: Lise Embley, director of the local Family History Center, will provide an update on the latest improvements to familysearch.org.

Thursday, October 16: renowned local family historian and Christopher Wren instructor Cliff Nielsen will guide us through using land records to find ancestors.

Be sure to look for our club on the colony website: fchoa.org. Dues are just $10 per family and new members are welcome at any meeting.

Our next event will take place on August 21 at Royal New Kent. Anyone interested in playing and/or learning more about Golfaround can contact Mike Hand at mhand3@cox.net.

The Hospitality Committee has 26 enthusiastic volunteers who visit new Ford’s Colony residents. They deliver a welcome bag filled with valuable information about Ford’s Colony and the Historic Triangle and answer any questions newcomers may have concerning their new community.

If you are a new resident, whether you rent or own, and would like a visit from a Hospitality Committee volun-
teer, please notify Crystal Bowers at Ford’s Colony Security Office at cbowers@fchoa.net or 258-4080.

The Hospitality Committee is always looking for new members. Volunteers usually only have to make two or three visits a year. It is not a big commitment, but it is a very important one. If you are interested in joining the committee, please contact Bobby Sue Silvey at bbsue3@cox.net or 258-4703, or Lisa Brickey at lbrickey@cox.net or 645-3421.

**JAM SESSIONS**

Jam Sessions are not being held this summer. We hope to resume sessions in September, and will circulate a notice to all who have expressed interest in September. Please contact Dave Ward at 208-0435 or dbussequoid@cox.net for any questions or suggestions.

**MAH JONGG**

One of the things I personally like about Mah Jongg is that it gives me the opportunity to meet people that I might never have met otherwise. Recently, our group welcomed several new players, some of whom had played Wright Patterson (and needed to learn how National Mah Jongg differs) and one who has just learned to play. They were all quick studies and are now enjoying our weekly game.

For me, Mah Jongg is a wonderful way to use those brain cells that just may be getting lazy. Finding a hand that works with the tiles you’ve been dealt can get those grey cells going. When a hand comes together it can be exhilarating. Conversely, when the tiles just aren’t going the way you’d like, you have the opportunity to play defensively, which is a whole other way to jog your brain. This year’s (National Mah Jongg) card is one of the best I’ve seen in years, offering many levels of difficulty.

If you would like to join our group, please feel free to join us on any Wednesday at the S&T Club, beginning at 1 p.m. and ending around 4 p.m.

If you need lessons, I’m happy to teach you at a mutually convenient (not during the weekly game) time. Feel free to call me with any questions about our game, or to arrange lessons: Dorothy Fischer at 345-6663 or dmfischer830@gmail.com.

**MENS’ BIBLE STUDY**

Yes, we are continuing our Bible study during the summer, and plan to meet both August dates—August 14 and August 28. Based on pace at time of this submission, we should have concluded Christ’s Sermon on the Mount and be in about Matthew 9-10. To obtain further information, feel free to contact Dan Gaske at 903-2793 or dagaske@earthlink.net.

**MODEL RAILROAD CLUB**

The Model Railroad Club is on vacation until Thursday, September 4. Over the summer, you can visit the FCHOA webpage at fchoa2.org; click on clubs, then click on the model railroad club web page. There you can see the major events of the year, the different scale gauges of the more than 50 club members. Before you go on your vacations, mark your calendars for the annual open house of Ford’s Colony layouts (Sunday, November 4) and the annual Illumination Weekend Model Railroad Display at the Williamsburg Regional Library on Croaker Road (Saturday and Sunday, December 6 and 7).

See you on September 4 at the S&T Club. For more information, please contact Dean Risseew at 258-4887 or dean.risseew@yahoo.com or fcmrrc@gmail.com, or visit our section of the FCHOA website at fchoa2.org.

**MONDAY MORNING BRIDGE**

Come join the Monday Morning Bridge Group at the S&T Club. Play begins at 9:15 a.m., so everyone please arrive a bit earlier. We play four rounds of six hands each round. The cost to play is $1. There are weekly prizes for the top four weekly scores and you will get your dollar back if you have the low score for the week. Call one of the hosts below for the week you would like to play. We look forward to seeing you no matter what level of bridge you play.

August 4
Donna Whittaker .......... 585-2622
August 11
Marshall Atkins .......... 564-4524
August 18
Judy Stein .......... 565-5285
August 25
Nancy Ohlinger .......... 229-7568
September 1
Madge Spitteler .......... 784-3451

It’s August and the Newcomers Club is enjoying the summertime hiatus and not meeting this month. Your new board, though, is very busy planning an exciting year of activities, parties, and programs. Even now, there is a lot of work going on behind the scenes to get ready for a great new year with the Newcomers Club, and we can’t wait to share this with you!

Our first Newcomers meeting will be on Friday, September 12, at 6:45 p.m., in the S&T Club. This will give you an opportunity not only to make new friends and join the club, but to sign up for activities we offer such as Wine & Dine, BYOB, lunch groups, book clubs, and Wine & Cheese. We will also be celebrating 18 great years of Newcomers. So, come and join the birthday party and have a piece of cake!

Our program this September might even change your thinking about tourism. As a Newcomer, we often think of tourism as only relating to traffic congestion, filled parking lots, and crowded restaurants in the summer. Our informative program will give you a chance to think again. Come and listen to our guest speaker, Karen Riordan, the new president & CEO of the Greater Williamsburg Chamber & Tourism Alliance, as she shares her vision of building a stronger community and transforming our area into a year-round destination for visitors not only from all over the country but from all over the world. Now, that’s exciting!
We can’t wait to meet our new neighbors and to again see those returning members. Our membership dues are only $30 per individual for three years. Those who are already members and joined under the old by-laws can remain for the third year of membership for $10 each.

For more information, please contact Linda Mathews, president, at mathews3154@aol.com or Leisa Schultz, VP, at las4help@cox.net. To join Newcomers Club, please contact our membership correspondent, Lauretta Oelerich, at lloelerich@gmail.com.

**PILATES CLUB**

The Pilates Club meets Monday and Friday at 8 a.m. and Wednesday at 9:15 a.m. at the S&T Club. Contact Missy at missykerner@hotmail.com with any questions.

**PILATES FOR SENIORS**

The Pilates for Seniors Club meets on Tuesdays and Thursdays at 2:30 p.m. at the S&T Club. This class is open to all men and women. The class is designed to improve body functions (posture, breathing, balance, and flexibility).

Alona Casanave, our leader, is a certified body art and science international Pilates instructor. She is a firm believer in a hands-on approach to ensure that each individual understands correct and incorrect Pilates’s movements.

Join us, bring your floor mat, and visit the class or contact Wilhelmina White at 645-2519 or hwithe34@cox.net.

**PINOCHELLE CLUB**

Is the heat getting to you? If you like playing cards, why not join our pinochle group? We play double deck pinochle every Thursday from 1:30 to 4 p.m. at the air-conditioned S&T Club. Whether you are an old hand or just learning, we would love for you to join us. We will be playing August 7, 14, 21, and 28 if you would like to get to know us.

The rules have never changed but a set of rules is available to refresh old minds if you would like.

If you would like to know more about the Pinochle Club or would like to try us out, contact Bill Loscalzo at 564-7447 or email welocalzo@aol.com. Please let us know in advance so we can reserve a seat at one of the tables.

**SEA SCOUTS**

Sea Scouting is a part of the Boy Scouts of America for boys and girls between 13 and 20 years old. The mission of Sea Scouts is to prepare young people to make ethical decisions throughout their lifetimes in accordance with the Scout Oath and Law. Sea Scouting delivers this message through a safe and fun maritime program that is rich in the traditions of the sea.

The emphasis of our Sea Scout Ship is the art of sailing. Expect hands-on instruction in piloting, coastal navigation, cruising, racing, meteorology, hydrography, and radio communications.

If you or someone you know is interested in joining the adventure of Sea Scouts, please contact Rick Hillyer at richard.hillyer@cox.net.

**SILVER SNEAKERS®**

Silver Sneakers® is designed to improve well-being through fitness education involving strength training, balance, and flexibility, and stresses the importance of drinking water while exercising. It is the nation’s leading exercise program for active older adults with nearly two million participants. The goal is to improve physical and mental health, and minimize age-related physical degeneration as well improve cardiovascular endurance, muscular strength, and body composition, flexibility, speed, power, agility, balance, and coordination. Participants are encouraged to become more aware of their personal health status, including the importance of fall prevention.

Our certified instructor is Sonya Thomas (CardioFit, Muscular Strength Range of Motion, First Aid CPR AED). The class consists of group exercise that encourages fitness, fun, and friends for maximum peer socialization and an increase in each individual’s sense of well-being. Exercises are done while either sitting in a chair or standing, keeping one foot on the floor at all times. Weights, stretch bands, and a ball are provided. Participants must wear sneakers and clothing appropriate for exercising, and bring a bottle of water to drink throughout the session.

Our group meets at the S&T Club at 11 a.m., Tuesdays and Thursdays, for one hour and is open to both men and women. The class is limited to 30 participants. To register for the class, contact Sonya at 254-4917. For general information, please contact Charlene Newstrom at 220-9339 or cknewstrom@cox.net.

**SOLITAIRES**

We hope everyone is having a relaxing summer. Our group is open to anyone who is single or single again. Solitaires organizes activities and social outings to local and regional area restaurants, cultural events, and points of interest. Solitaires members pay $8 dues, which will be due by September 12 for the 2014-2015 social season. Prospective and returning members may either remit checks to the staff of the John Pott gate in an envelope addressed to Solitaires or simply bring them to our first meeting. Checks should be made payable to Solitaires.

Our next social outing will be our regular third Thursday dinner at Harry’s on August 21 at 6 p.m. Please contact Joan Emerson at 229-4703 or joan.emerson@yahoo.com if you plan to attend. The deadline to sign up for this event is August 17. An email will follow with additional information.

Solitaires will hold our first meeting of the year on September 12. We are planning to have a breakfast meeting. More information will be forthcoming on this event.

Anyone with additional questions about Solitaires is encouraged to contact
SWIM TEAM

The Killer Whales are off to a great 2014 season with a 4-0 record to date. We ended our regular season on July 21 at Coventry. The Champs Meet will be held at Ft. Eustis on August 3 to swim against all 18 teams in the VPSU.

The Killer Whales end of the year banquet will be held August 4 at the S&T Club starting at 6 p.m. Our awards banquet is our time to recognize the team and swimmers for their accomplishments during the season.

If we win our last meet (as of this writing), we will become Division 2 Champs for the season. Let’s Go Killer Whales!

NHI HAO – HELLO

The Ford’s Colony (FC) Tai Chi Activity is conducting voluntary training every Wednesday for from July 16 to September 10. Concurrently, we’re conducting for the first time, an additional 10-week course entitled Tai Chi for Arthritis, every Wednesday from July 2 to September 10, 4:30 to 5:30/6 p.m., at the S&T Club. The course instructor is Stan Rockwell (253-1462); the course is sun style, developed by Dr. Paul Lam. This additional course was added at the request of FC Tai Chi Activity members.

The 10-week Tai Chi Activity 2014 fall semester will be conducted every Wednesday from September 17 to November 19, 4:30 to 5:30/6 p.m., at the S&T Club. The instructor is Bill Hansell (566-0040). Each training session features: Tai Chi breathing drills, Tai Chi walking, balance, and movement drills, and Yang Style form movements: 40 form or fan drills. Tai Chi training is conducted in loose-fitting clothing and gym or tennis-type flat-soled shoes.

Present Tai Chi Activity members and interested FC residents and non-residents are invited to participate in Tai Chi Activity training. Questions: Elmer May, president, 757-259-9905; Linda Thomson, V.P., 757-229-3195; Susan Deane, treasurer, 757-849-2404.

ZHAI JIAN – GOODBYE

The hot weather is here, but the tennis courts are still busy with tennis groups playing every day. There are some groups that are open to all levels of play, so if you are interested in getting back into playing or taking up the game, contact Peter Eastman, membership director, at 253-0170 or peter_eastman@msn.com for more information. And remember to bring water to stay hydrated!

MEN’S ACTIVITIES: The next tennis social is scheduled for August 11 at Westbury Park with play starting at 4 p.m. followed by refreshments. Cost is $5. There is also a men’s social planned for September 15. Contact Men’s Activities Director Mike Harbin at 775-8183 or michaelcharbin@cox.net.

LADIES’ ACTIVITIES: There will be a ladies’ social in the fall and also a possible charity event with the William & Mary ladies tennis team.

Here are photos from the ladies’ social on June 20.

Pictured are William & Mary Professor Emeritus of Geology Jerre Johnson and a group of Trailblazers on a geology walk of Yorktown on Tuesday, June 10.

TRAILBLAZERS

The Trailblazers Club provides residents with the opportunity to:
– Participate in our Outdoor Adventures Program featuring hiking, biking, kayaking, etc.
– Hear from guest speakers at our monthly meetings who discuss environmental and recreational topics.
– Help maintain the Ford’s Colony Nature Trail.
– Assist in community outreach programs.

Our meetings are held on the second Monday of each month (except July and August) at 7 p.m. at the S&T Club. We also hold an annual ice cream social in June and a pot luck dinner in October. If you are looking for the opportunity to meet fellow residents, enjoy the great outdoors, and learn about the environment, consider joining the Trailblazers.

Your ticket to a fun year is your dues, just $7.50 per person. Please put your check into an envelope marked “Travel Club” and leave it at the John Pott gate. As a reminder—to reserve a spot in our trips, be sure to send an email to the trip planner indicated. Confirm your reservation by writing a check to the Travel Club. Drop the check off at the John Pott gate.

We have a fun kick-off to the new travel year planned for August 29: a catered party at the S&T Club! It’s free to members, but limited to the first 100...

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Here are photos from the ladies’ social on June 20.
people who sign up. Sign up by sending an email to Al Ashley at almua@cox.net.

The September club meeting will be held on Sunday evening, September 21. This change of date will allow us to hear from Lee Glassman, who did a fantastic job leading the Israel trip last spring. He will be in town and we definitely wanted him to be on hand to collaborate in telling the story along with Tim Farrell. Tim will be sharing his great trip photos with us. We’ll have some Israeli snacks too.

Al Ashley will lead a Ghost Tour of Colonial Williamsburg on September 30. We’ll start with dinner at Shields Tavern, and then take a stroll into the night with Al. The cost is $55 per person. Contact Al at almua@cox.net.

On Sunday, October 5, at 2:30 p.m., we will see the Sweeney Todd musical at the Carpenter Theater in Richmond. Dinner will follow at the La Grotta Ristorante. Bus transportation is arranged. Only 40 tickets have been reserved, so sign up early with Paula Tenenbaum at paulatenenbaum@cox.net. Ticket, dinner, and transportation all for $110.

Our October club meeting will be held on the 28th. Put your team of six experts together and come prepared to compete for prizes in Travel Trivia.

The Book of Mormon won nine Tony awards. We have reserved 40 tickets for the show on November 9 at 1 p.m., at the Altria Theater in Richmond. Our trip will include transportation and dinner at The Hardsell. Reserve your spot quickly; this will sell out. Contact Kim Humphrey at jmihk@msn.com. The cost is $130 per person.

On January 3-6, we’ll be in New York City, staying at the Marriott Marquis-Times Square. The 9/11 Memorial will be a highlight of this trip. Watch for blast emails with details and cost information.

Come to the meetings and watch your email for news on these and other exciting trips now being planned.

The Tribe’s football schedule is a bit different from most years! In addition to the teams we usually schedule, we will play Virginia Tech, Stony Brook in New York, and Elon in North Carolina. The schedule is:

- August 30 – Virginia Tech (away)
- September 6 – Hampton (away)
- September 13 – Norfolk State (home)
- September 20 – Lafayette (home)
- September 27 – Stony Brook (away)
- October 11 – New Hampshire (away)
- October 18 – Villanova (home)
- October 25 – Delaware (away)
- November 1 – James Madison (away)
- November 8 – Elon (home)
- November 15 – Towson (away)
- November 22 – Richmond (home).

Come on out and support the Tribe team. These young men are indeed student athletes! The graduation rate of the players is between 95% and 100% every year!

If you are interested in tailgating prior to the home games, contact John Shumate at jshumate3@verizon.net. Tailgating is a good way to meet your Tribe’s Colony neighbors who attend the games and who will be sitting in the same section as you.

Go Tribe!!!

We are excited to begin our new study Tuesday, September 16 (arrival time 9:30-9:45 a.m.) with a tea and introduction to the Names of God, or you might say, “AKA God”! As usual, we will study the Bible, Old and New Testaments, concentrating on what the Bible reveals about who/what God is. The Bible says that if you seek God, you will find Him. God reveals Himself to us through His names. It will be a wonderful study for any woman, regardless of her knowledge of the Bible...a great introduction to the Bible!

This is a very comfortable, inviting environment. There is no homework, though we will tell you each week what we will study next, so you can do some reading on your own if you wish. Many have busy travel schedules so each lesson will stand on its own.

We hope to see you September 16. Please contact Stephi at 291-4888 or stephi1@cox.net (or Leisa at 345-5623 or las4help@cox.net) if you want further information. We look forward to seeing you in September!

The FC Woodworkers are taking July and August off, so there will be no meetings during these months. In the fall, the Woodworkers will continue to meet under a new format.

Our group meets for yoga in the main room of the S&T Club on Tuesday and Thursday mornings from 9:15 to 10:30 a.m. All of our classes are multi-level; beginners are encouraged to join us! Payment by suggested donation.

We had a lovely time gathering for refreshments after our Tuesday classes in July. It’s fun to get to know each other on and off the mat.

We will meet for all of our classes in August. The theme for our August practices will be appreciation: working to recall the youthful energy to savor every day of summer. We will come together in our classes to learn how to keep cool, calm, and balanced so that we can enjoy our own warm weather adventures on and off the mat.

Inquiries or questions? Contact our teacher, Tricia, at yogaclasses@cox.net. Tricia is an E-RYT-200, registered with the Yoga Alliance.
ELECTRONICS
Kodak M883 Digital Camera - Asking $10
8MP, 3X zoom, 64MB internal memory, and expansion slot. EasyShare transfer of still/video. ($200 new, $55 used on Amazon) All in excellent condition. Please Call: 757-603-6229

Nook Simple Touch
Nook Simple Touch BNRV300 Wi-Fi: B&W screen, 2GB internal memory, case, charger. Asking $15 ($100 new; $35 used on eBay). All in excellent condition. Please Call: 757-603-6229

FURNITURE
Solid Wood High-Back Rocking Chair in Walnut Finish - $70
Hi Polish Finish, Perfect - Like New Condition. Please Email: kroywen2@netzero.com

Brophy Premier 7 Drawer Bedroom Chest - $300/ obo
“Shaker” style; soft green washed pine with beech colored wood handles and top; 60”l x 19”d x 34”h; good condition; photos available upon request Please Email: cacj56@hotmail.com

Pure Wool, Hand-Knotted Rugs
Kuba Rug - 3.x 8’, ($525)
Reproduction of one in the Colonial Williamsburg collection. Pretty colors with a dark brown background. Like new! Kashan Rug - 4.x 6’, ($395)
Pure wool hand-knotted. Aqua background with black border. Please Call: 757-258-5945

Stainless Steel Canister Set - $45
Vintage Revere Ware, 4 piece set. Great collectible for your kitchen. Near new condition. Please Call: 757-258-5945

Pure Silk Rugs 5’x8’, $525 and 3’x5’, $225
Two beautiful matching hand-knotted silk rugs in like new condition. Dark green background in traditional style. Please Call: 757-258-5945

Mirror - Free for pickup
42x60” unframed mirror, good condition Please Call: 908-400-1440

MISCELLANEOUS
Hammond Spinet Organ - Free to Church or Good Home
Cherry wood Hammond spinet organ with matching bench. Two manuals and 12 foot bars. Instructions and music. Please Call: 757-258-5953

Craftsmen 10-inch Sears Radial Saw on stand - $100
An excellent condition Model No. 113.23100 with some attachments. It is mounted on a cabinet and includes owner’s manual. Please Call: 757-258-9647

North Star Pressure Washer/ Honda Engine GC 160 - $200
Well maintained. Includes all operating instructions and owner’s manual. Please Call: 757-258-9647

Sun Mountain Electric Push Cart - $125
Like new. Looks just like regular Sun Mountain cart but has battery between the frame. One charge and battery good for at least 27 holes. Variable speeds. Try it out. Please Call: 757-564-8444 or Email: moonmorea@cox.net

Downton Abbey DVDs, Seasons 1 & 2 - $25
New, still sealed in original clear wrap. Original UK Editions. Region 1. Please Email: cacj56@hotmail.com

SONIC ION Over The Ear Hearing Aid - $500

Singer Featherweight Sewing Machine - $400
Original owner, excellent condition. Attachments and extras included. Please Call: 757-258-3318

Pool Table - $2,500

“Pear Izumi” Technical Biking Shorts - $25
New—Woman’s Size 10-12 with tags. Please Call: 757-258-5945

RENTAL
Wintergreen Resort - 7-Bedroom, 7 1/2 Bath Getaway - Starting at $500/ Night
Enjoy the cool mountain air at this luxurious mountain top getaway. Golf, tennis, fishing, and hiking available or enjoy one of the local vineyards. Relax on the deck, overlooking the Shenandoah mountains in the evening. Great for corporate and family retreats. Please Call: 757-592-2381 or Email: jeff@jnclarkdesigns.com

Ocean/Golf Resort Vacation Villa
Seabrook Island, Charleston SC area. 3 BR’s each with private bath. Two 18-hole golf courses, tennis center, beach club on ocean, equestrian center, fitness facility and private pool at villa. Please Call: 757-345-0562

SERVICES
Pressure Washing - 11 cents per square foot (negotiable for large jobs)
I’m a recent high school graduate saving up for college. If you need help removing dirt and moss from your drive way, home, or walkways please contact me. Please Call: 757-897-8221 Or Email: HamraDuncan@gmail.com

Lawn Mowing, Trimming, Mulching and More - Please contact me for a quote.
I’m a recent Walsingham Academy graduate trying to save up for college. If you need help with anything around the yard please give me a call.

I’ve worked for 150+ FC residents. Please Call: 757-897-8221 or Email: HamraDuncan@gmail.com

College & Scholarship Consultation
Parents and Grandparents—The best gift you can give yourself and your rising senior is expert help in choosing the right college major, the right college, and finding scholarships. Email: www.ramboresearchandconsulting.com Please Call: 757-903-6511

VEHICLES
RV 2002 Tiffin Allegro Bus - $55,000 Will consider reasonable offers.
Only 25,500 non-smoking miles; 40’ Class A diesel push; queen bed, garden tub/shower combo, upgraded walnut cabinetry, Norcold 4 door fridge w/icemaker, convection/micro oven, 3 burner range, 2 slide outs, awnings, 2 A/C units, 2 TVs, central vacuum; plumbed & wired for W/D. Please Call: 757-383-2777

2009 Honda Civic 4 dr with XM Radio and GPS - $14,000/ OBO
This low-mileage, well-cared for vehicle would be great for commuting, a recent graduate or for a student needing reliable transportation. Call to see it in person and test drive. Please Call: 757-719-7161 or Email: psgolden@gmail.com

1987 Mercedes Benz 560 SL - $13,500 or BRO

2009 Mazda Miata - $14,000
Convertible with only 6,500 miles. Great shape. Please Call: 410-375-5553

WANTED
2 Kohler Bathtubs - Negotiable
In excellent condition; color: biscuit, cast-iron/ enamel preferred; 1 soaking tub and 1 standard tub. Please Email: kathia2004@gmail.com

To submit your classified ad, please go to fbboa.org and click on “Classifieds” and then click on “Submit your Classified Ad,” fill in the appropriate information. Ads must be 40 words or less. Two items may be featured. Classified ads are free to FC residents. There is a $20 fee for non-residents. All classified ads also appear on the fbboa.org website. All ads must be received by the 15th of each month for the following month. Printed ads are based on space availability.

denotes photos of the item are available at fbboa.org

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Please Email:
HamraDuncan@gmail.com
I've worked for 150+ FC residents.

Please Call: 757-897-8221

Please Call: 757-903-6511

Please Call: 757-719-7161 or Email: psgolden@gmail.com

Please Call: 757-876-3554

Please Call: 410-375-5553

Please Email: kathia2004@gmail.com

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There comes a time when seniors who have decided to “age in place” require assistance with non-medical care. This category of care encompasses help with daily activities, allowing those seniors to remain living safely and independently. Professional caregivers can provide such attention. Non-medical care includes help with bathing and dressing, meal preparation, light housekeeping, transportation, medication reminders, and companionship. A host of other non-medical options are also available, meeting the individualized needs and desires of senior clients.

Living alone at home in the elder years can be a real challenge. At COMFORT KEEPERS, our knowledgeable staff will help you in selecting the best solution for your needs. Our trained, bonded, and insured staff is committed to providing the highest level of quality service in all that we do.

For More Information Call
(757) 229-2777
www.comfortkeepers.com

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Presented by Ed Golden, President

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