



The Meadow Lark

A Monthly Publication by and for the Residents of The Meadows, a Family Condominium Community

Stranger Danger

Here is a brief summarization of two incidents reported to our Security personnel. A resident outside of her unit reported seeing a man facing her as he stood looking over the hood of his car. She went inside and locked her storm door. Then she heard a vague knock at the door. She ignored it and then heard it again. When she went to the door, the same man said that he wanted to come in and pray. She closed her door quickly and locked both locks. In another instance, a man across the street stood near his van and jumped rope, then paced up and down the street. He was then observed tapping on an occupied car and yelling. The occupant had gotten out but then got back in the car and drove off. He got in his van and followed her.

These are samples of strangers in our neighborhood who may have been up to no good. If you observe someone who does not appear to belong and you feel uncomfortable by what they are doing, don't hesitate to call the police first, and if it is during evening hours then call our Security personnel. Be watchful of strangers in the neighborhood.

Be Safe in Your Home

It seems that frequently you hear or read about crime that has affected an area near where you live or even in your own community. While you cannot stop a criminal from doing things that are hurtful or illegal, there are many actions that you can take in advance to protect your property and your family. To protect your property at night, leaving your porch lights on, front and rear, is an excellent deterrent to criminals. The bad guys prefer to work under the cloak of darkness so no one sees them. Lighting up the area around your unit will make your area less susceptible to their actions.

If you see anything that is suspicious, always call the Police immediately. Another important safety item is to always lock all of your doors and windows. A large percentage of break-ins, etc. are at homes where the criminal entered through an unlocked door or window. Also keep your car doors locked and all valuables out of sight. In addition, make sure your children are properly supervised and you know where they are at all times.

Carbon Monoxide Detectors Recommended

Natural gas supplied to a heater, stove, water heater, or other gas-supplied appliances can result in the release of unsafe levels of Carbon Monoxide. The Meadows, along with our insurance carrier, strongly recommends every unit to have one or more carbon monoxide detectors installed within 15 feet of all sleeping areas.

Carbon Monoxide is a colorless, odorless gas which can be deadly! Carbon Monoxide can only be detected with Carbon Monoxide detectors, so it is important that each unit be equipped with a working CO detector. These detectors are inexpensive (\$20-\$50) and can be purchased at any home improvement or box store. Acceptable detectors must be UL listed and may be one of the following:

1. Battery powered
2. Plug-in with battery backup
3. Directly wired with battery backup

Combination smoke and CO detectors are acceptable as long as they have different alarm tones. Detectors must be installed and maintained according the manufacturer's instructions.

OCTOBER

Board of Directors Meeting: Thursday, October 9, 2025, 7:30 PM. Residents and Co-Owners are encouraged to attend. Agendas are posted online and at the Clubhouse on the Tuesday before the meeting. Minutes available upon request at The Meadows office and online at mymeadows.net.

Deadline to Run for the Board: October 15
Looking forward to:

Candidates Night: November 13, 7:00 PM
Annual Meeting: Tuesday, December 9, 7:30 PM

Residents and Co-Owners are welcomed and encouraged to attend any Board or committee meeting. Meetings are held in the Clubhouse. (Board meetings also held via Zoom.)

**Meadows
Office Hours
9 AM - 4:30 PM
Monday - Friday**

President's Corner

Hello Meadows Community!

It's that time of year again...BUDGET SEASON! Those who have expressed interest in wanting to attend the budget meetings should keep an eye out for notices of special budget meetings being held by the Board!

The Annual Meeting is also approaching! Co-owners are encouraged to attend the meeting (there will be a virtual option) or submit a proxy vote. The Board can only change things within the Master Deed when a majority of the Co-owners (or proxies) are there to vote, so please join us!

The Board, on behalf of Management, would like to thank everyone for their patience and cooperation throughout the exterior maintenance on Golden Oak Road and Golden Oak Court and the milling and paving on Strasburg Drive and Avocado Court!

As reminders, residents with plantings in the common areas are required to tend to them regularly, and herb, fruit, and vegetable plants are to ONLY be planted in pots. To avoid any potential fines, residents should remove herb, fruit, and vegetable plants from the ground.

As always, if you have any questions or concerns, please contact the Management Office during their operating hours.

Have a great month!

Kristina Berry



Meadows Website:
www.mymeadows.net

Board of Directors Motions

At the July 10 Meeting:

- Passed a motion to approve holding National Night Out with a budget of \$150.
- Passed a motion to approve bench repairs at a cost of \$200.
- Passed a motion to approve a contract with Brothers Paving for \$149,936.
- Passed a motion to approve a proposal from NJ Sullivan for 26 trash bin doors for \$10,335.
- Passed a motion to approve Blue Raven's use of a golf cart provided by them.
- Passed a motion to rescind Policy Resolution #02-28.
- Passed a motion to affirm the original ruling regarding a visitor hang tag.
- Passed a motion to approve a request to transfer bushes to the area around another unit.
- Passed a motion to deny an ARF request.
- Passed a motion to approve a roof repair proposal submitted by Katchmark for \$2000.
- Passed a motion to approve a proposal from Katchmark for siding replacement for \$2200.
- Passed two motions to uphold the violations submitted to two Co-owners.
- Passed a motion to approve renewal of the contract with American Disposal.
- Passed a motion to deny a fee waiver request for a Co-owner.
- Passed a motion to approve a payment plan for a Co-owner.
- Passed a motion to approve adding Juneteenth to the list of staff holidays.
- Passed a motion to approve renewal of the staff benefits packages.

The motions for the August 14 meeting will appear in the November issue.

Security Totals

August 15, 2025 – September 14, 2025

Calls for service and/or situations involving or requiring security assistance, by street:

Avocado Court:	3
Cool Oak Lane:	2
Golden Oak Court/Road:	9
Rustling Leaves Lane:	5
Saguaro Place:	2
Saint Germain Drive:	2
Strasburg Drive:	1
Turin Lane:	2
Vehicles Ticketed:	10
Vehicles Towed:	15
Violation Letters Sent:	35
Calls referred to FCPD/FCFD:	3

The Meadows



Fire Regulations

- Kerosene, or any fuel heaters, are forbidden by Meadows regulations.
- Residents should not store combustibles in furnace rooms. It is a serious fire hazard and is against County and Meadows regulations.
- Smoke detectors are required on each level of homes in The Meadows.
- All grills of any type are prohibited on The Meadows property.
- Residents should maintain a fire extinguisher in their units. It should have an ABC rating.



Carbon Monoxide Detectors

The furnaces and most hot water heaters in The Meadows use gas. It is imperative that all homes have a working carbon monoxide detector. Carbon monoxide is a colorless and odorless gas that can cause death.

Community Improvement: Good Neighbor Top Ten

Being on bad terms with your neighbor can make your life frustrating, day after day. But taking the time to establish good terms with your neighbors has numerous benefits. The community will be friendlier, the neighborhood safer, and the area a nicer and more comfortable place to live.

1. **Introduce Yourself** – Whether you're new to the neighborhood or have not got around to the task of meeting your neighbor after years of living next door, introduce yourself. Say hello, offer a welcome gift, or just give a helpful hint about the area: "The garbage truck comes on Mondays and Thursdays. We usually see them on our street around 7 AM." An unfamiliar neighbor is not a good neighbor.
 2. **Consider Your Neighbor's Lifestyle** – Get to know your neighbors, what they do for a living, what their schedules might be like, and so on. Sometimes, you can remedy problems before they even start; for example, if they work nights, quiet mornings will be important for them. If they have young children, quiet evenings will be very important to them. Similarly, give them information that'll help them be more considerate of your lifestyle. If you do a lot of yard work, or if your teenage son plays the drums, let them know in advance and mention that if it's getting too loud, they shouldn't hesitate to let you know.
 3. **Be Aware of Shared Walls** – Position noisy household appliances, especially TVs and speakers, away from shared walls. If you live above someone consider the time of day you do that aerobic workout you love so much. If you live below someone consider the strong scent of your cooking or preferred candles. A neighbor coming through your ceiling is not a good neighbor.
 4. **Control Your Dog** – Keep your dogs on a leash and pick up after them. Respect planting areas that your neighbors spend countless hours on. It is all fun petting and friendly licks until that poorly timed lift of the leg. Also, it is neighborly to be aware of others who would rather steer clear of your lovable "Rex." Dander allergies and dog fears are real, so crossing the street with your pet in certain areas can go a long way. A frightened neighbor is not a good neighbor. **BONUS: Dog Barking** – I know I am guilty of having my dog annoy my neighbors with the ill-timed barking fits. Whether you have a "yippee" dog or a "woof-er" dog, most others don't care to hear it. This is not the easiest fix, but talking to your neighbors about it can smooth things over before annoyances boil over.
 5. **Practice Parking Etiquette** – When you park your vehicle, be sure not to block anyone's access, or make them have to pull out of a very tight spot. Don't over-rev the engine of your car or motorcycle early in the morning or late at night. Avoid slamming your doors or shining your headlights into your neighbor's windows late at night. A trapped neighbor is not a good neighbor.
 6. **Slow Down, You're Driving Too Fast** – An injured neighbor is not a good neighbor.
 7. **Take Your Garbage Out** – Pretty simple, really. The dead animal stench coming from your rotting garbage makes everyone feel sick, particularly those of us down wind. We have specific garbage times for a reason. If you accidentally miss the collection, bring it back in immediately and try to contain it well. Garbage can attract vermin, insects, and other pests, and is also unsightly. A smelly neighbor is not a good neighbor.
 8. **Invite Me to the Party, Or Give Me Fair Warning** – If you're going to fill up the street with cars and have that deejay blasting his tunes out into the universe through speakers bigger than a cow, then at least give me a bit of warning first. A sleepless neighbor is not a good neighbor. Ok, so your neighbor would never do this, right? If you're planning a party, be sure to give your neighbors plenty of warning, letting them know when it's going to start and how long you expect it to go on. Leave them a telephone number to contact if they need to ask you to turn it down. If you get on well with your neighbors, why not invite them too?
 9. **Be Aware of Your Surroundings** – Keep your eyes on anyone you don't know acting suspiciously around your neighbor's home. When in doubt, call security or the police so they can quickly curtail any criminal activity. A robbed neighbor is not a good neighbor.
 10. **Be Adults** – We are bound to have disagreements. If an issue arises, talk to your neighbor directly and try to work out a solution that is agreeable. If you hear about things second-hand then disagreements can easily grow. It is best to give your reasons for a request to your neighbor yourself. A gossipy neighbor is not a good neighbor. Having said that, sometimes conflicts are not easily resolved. In these cases the best thing may be simple avoidance to circumvent an escalating conflict.
- So there you go. Ten easy-to-follow rules that will help make our neighborhood a better place; the Ten Commandments of the Good Neighbors, as it were. I'm sure there are other items that you can think of that might take the place of one or another of these on my list. Living by these might seem a matter of simple courtesy for some of us, but some people live in a bubble or else they just don't give a hoot. I am going to channel Robert Frost when I say, "Good fences make good neighbors."

This article first appeared in October, 2011

Council of Co-Owners
The Meadows
6100 Strasburg Drive
Centreville, VA 20121

The Meadow Lark is published each month exclusively for the benefit of the residents and owners of The Meadows. It is the official publication of the Council of Co-Owners and is under the purview of the Board of Directors. News items, personal ads, and such are welcomed and should be placed in the large mailbox in front of the Clubhouse, emailed to meadowsoffice72@gmail.com or faxed to 703-815-0755. The deadline is the 20th of each month. Personal ads must be 25 words or less, on 8½x11-inch paper. Include your name, Meadows address, and telephone number. They must be renewed each month. The Meadows does not endorse any advertisers.

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Requirements for Installing Exterior HVAC Units

With the hot summer months, some owners may be faced with the need for a replacement air conditioner unit in order to keep their residence cool. Previous EPA changes in heating and air conditioning standards made maintenance of some existing ac units more difficult primarily due to the unavailability of the type of refrigerant used in older units. It was also believed that finding a machine that would fit into the utility closet would become difficult. While the Meadows Board of Directors has reconsidered allowing HVAC units to be installed in the Common Elements (following the requirements stated below), we want you to know that “through the wall” units that fit the exact opening of current units in utility closets and meet current EPA standards ARE available!! If you would like to keep your A/C unit in your utility closet and within your purview, you can ask your licensed HVAC contractor to bid your replacement job for a “through the wall” unit that matches the same size as your current unit. The good news is that this type of replacement does not require any Meadows paperwork or approval. In addition, some have found that replacing their unit with another “through the wall” unit has actually saved them money than by switching to having the A/C unit placed in the Common Elements ground. Any Co-owner who still wishes to install or replace an HVAC unit on the Common Elements must follow these steps:

- Submit your request in writing to the Management Office.
- Once the request is received, an appointment will be made for the Meadows Maintenance Supervisor to meet with the Co-owner and/or the Co-owner’s HVAC contractor to review the specifications and provide detailed requirements for the installation.
- After this meeting, the Co-owner must submit a completed Architectural Review Form (ARF) outlining the agreed upon details of the proposed installation, an Installation Agreement, a copy of the contractor’s license and certificate of insurance (COI). The Management Office will then review the documents and make a determination on whether or not to approve the installation.
- Upon installation, the Co-owner must schedule another meeting with the Meadows Maintenance Supervisor to verify the proper installation of the unit.

REMEMBER:

ANY HVAC UNIT INSTALLED IN THE COMMON ELEMENTS WITHOUT WRITTEN BOARD/ MANAGEMENT APPROVAL MAY BE REQUIRED TO BE REMOVED AT THE CO-OWNER’S EXPENSE.

Remodeling?

Any desired changes to the exterior or interior of your unit must be submitted on an ARF or Request for Interior Alteration form to the Board of Directors for approval **PRIOR** to the change being done.

A/C UNITS

If you replace your air conditioning unit, you may install it inside your utility room without alterations to the wall or submit an ARF for proposed exterior installation.

Satellite Dishes in The Meadows



Meadows Website:
www.mymeadows.net