

The Meadow Lark



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

Happy New Year Meadows Community!
2026

Annual Meeting Results

The Meadows Annual Meeting was held on Thursday, December 11th in the Clubhouse and via Zoom to allow more people to attend. Four Co-Owners were appointed to serve for the next two years on the Meadows Board of Directors. The new appointees to the Board are Stephanie J. Bailey, Linda Lachapelle, Lynn Piercey and Kelton Reynolds. After the annual meeting the Board also met to elect officers for 2026. Kristina Berry will once again serve as President and Linda Lachapelle will be the Vice President. Lynn Piercey will continue as Treasurer, Adam Butler will remain as Secretary and Stephanie J. Bailey will remain Parliamentarian. Congratulations to them! All residents are invited to attend any Board of Directors meeting to observe how our community is governed. These meetings are held on the second Thursday of every month at 7:30 PM in the clubhouse as well as online via Zoom. Please contact the office for the meeting link.

Snow Shoveling Tips

Here are some snow shoveling tips from the American Heart Association to help protect your health during the winter when you have to go out to shovel the snow that has fallen.

- Cover your mouth and nose; dress in layers with hat and gloves.
- If you have known or suspected heart disease or risk factors, ask someone else to shovel.
- Start gradually and pace yourself; take frequent breaks.
- Push or sweep snow rather than lifting and throwing when possible.
- Use a smaller shovel and lift smaller amounts of snow more often.
- Avoid eating a heavy meal or drinking alcohol before or immediately after shoveling.
- Learn heart attack warning signs; stop immediately if you feel chest pain, pressure, light-headedness, or irregular heartbeat, and call 911.

For more information, visit: <https://newsroom.heart.org/news/snow-shoveling-can-be-hazardous-to-your-heart>

**NO Trash or Recycling Pick-up Thursday January 1,
Make-up Recycling only Friday January 2**

Trash Notes

It has recently been noticed that there is a lot of loose trash blowing around our community on trash days. In order to eliminate much of this problem please observe the following when placing your trash out:

Be sure that all trash bags are securely TIED at the top so no trash can escape.

Do NOT place LOOSE trash in open boxes when putting trash out.

Use clear bags for recycling so that it can be properly identified during pick up.



Board of Directors Meeting: Thursday, January 8, 2026, 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.

Office Closed: Thursday, January 1 to observe New Years Day. Monday, January 19 for MLK Day.

Christmas Tree Pickup: Until January 6.

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

Holiday Office Hours

Closed Thursday, January 1 for New Year's Day
Closed Monday, January 19 for MLK Day

Christmas Tree Pick-Up



According to Fairfax County regulations, Christmas trees must be recycled—they cannot be put out with your trash. For your convenience, a drop off area will be located next to the Clubhouse on Strasburg Drive, December 26 – January 6.

All decorations, including tinsel and garlands, must be removed. It is strongly suggested that you contain the tree needles with a tarp or blanket during transport; however, it cannot be left in the drop off area.

Meadows Website
www.mymeadows.net

President's Corner

Hello Meadows Community! Our Annual Meeting was held in December and, while we still did not meet quorum, the Board would like to thank the Co-owner who attended and those who took the time to send in their proxies.

As we move into the new year, Co-owners are reminded that the change in condo dues begins in January. Monthly condo dues will be \$408 for two (2) bedroom units and \$459 for three (3) bedroom units.

For Co-owners with automatic payments set up, please see below:

- Payments set up through **Property Pay** the amount **WILL NOT** automatically update. To avoid late fees, login and update the monthly withdrawal amount prior to the January withdrawal date.

- Payments set up through **Cardinal:** the amount **WILL** automatically update without any further action by the Co-owner.

Unsure of which platform yours are set up through? Contact the management office during office hours and they can assist.

As a reminder, if you see something (rule violations, litter within property, missed trash pick-up, etc.) please **kindly** and **respectfully** report it to management.

The Board wishes everyone happy and safe holidays and looks forward to 2026!

~ Kristina Berry



Board of Directors Motions

The motions from the November Board meetings will appear in the February issue.

COMPLETE MINUTES OF BOARD MEETINGS
AVAILABLE AT THE OFFICE



Frozen Pipes = Big Trouble!

Please make sure that the utilities remain on and the thermostats are set to the proper temperature in all units to prevent pipes from freezing and breaking. This is needed to prevent water damage to the affected home as well as the possibility of water damage to surrounding homes.

You can help by reporting vacant units to the office as soon as you notice them. Send reports to the office via email, fax or phone. Make sure that you include the address. Report any evidence of possible broken pipes or water coming from a unit immediately!

See the back page for office and emergency after hour phone numbers.

Meadows Website
www.mymeadows.net

Security Totals

November 15 - December 14, 2025

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

Avocado Court:	1
Cool Oak Lane:	1
Golden Oak Court/Road:	0
Rustling Leaves Lane:	0
Saguaro Place:	3
Saint Germain Drive:	0
Strasburg Drive:	2
Turin Lane:	0
Vehicles Ticketed:	3
Vehicles Towed:	3
Violation Letters Sent:	137
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 except electric 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.

New Condo Payment Coupons

New condo payment coupons for 2026 have been mailed. If you did not receive your coupons, please—ASAP—get in touch with Cardinal Management at 703.569.5797. These folks will get you the 2026 condo payment coupons. It is important to know that your payments are due the first day of each month regardless of whether or not you have your coupons.

Please remember the new fees are
\$459 for 3 bedrooms and \$408 for 2 bedrooms.

The Meadows Trash/Recycling Guidelines

To keep your community clean, please contact the Management Office at 703-830-4464 or meadowsoffice72@gmail.com to report any neighbors who are not following these rules.

Trash is certainly no one's favorite topic; however, in order to keep our community free of odor, pests and debris, we all need to do our part to ensure that trash is disposed of properly. Please review the following guidelines for trash and recycling:

When are trash and recycling picked up?

- Trash is picked up on Mondays and Thursdays.
- Recycling is picked up on Thursdays only and put out Wednesday evening.

Where and when to leave trash/recycling for pick up?

- Trash should be in trash bags and left on the curb after 5:00pm the night before scheduled pick up.
- Recycling should be prepared as outlined below and left on the curb after 5:00pm Wednesday evening and no later than 6:00am on Thursday morning.

Where to leave trash prior to pick up date?

- Each unit has a small storage area (approximately 3'x3') with a black door which should be used for this purpose. Your trash storage is near your outdoor stairwell. Please note that this is the only acceptable place to store trash prior to pick up.

What items should I put out for recycling?

- Our recycling service will take tin and aluminum food and drink containers and #1 through #7 plastic bottles and jugs. These items must be rinsed out to minimize insects and odor. They will also pick up bound or bagged newspapers and magazines, as well as mixed paper including junk mail, cereal boxes and flattened corrugated cardboard and fiberboard.

What items will the trash service pick up?

- The trash service will take all normal household garbage and debris that is left on the curb in trash bags.

What items will not be picked up on trash day?

- Any items such as carpet or construction debris will not be picked up by our trash service and must be disposed of by the unit's residents.
- No recycling will be picked up except on Thursdays.
- Any trash not in a trash bag will not be picked up.

What should I do if I have large items to dispose of?

- Bulk items (i.e., items not able to fit inside a plastic trash bag) are picked up by MG Junk Removal on Thursday. Items must be placed out after 5:00 PM on Wednesday evening and no later than 6:00 AM on Thursday mornings. If you have bulk items needing to be picked up outside of the scheduled pickup day, you must call MG Junk Removal at 703-200-9420 or any other junk hauling company to arrange a special pickup at your expense. Placing bulk items out before 5 PM on Wednesday or after 6 AM on Thursday could result in a fine.
- If Management is required to call for a special pick up on your behalf, a charge may be assessed to your account.

Tips and suggestions

- If there is a lot of snow on the ground, please use black trash bags since white bags may be hard to see and could be missed.
- If you see a neighbor has left trash/recycling out before or after trash day, please contact the Management Office at (703) 830-4464 or via e-mail at meadowsoffice72@gmail.com.

Since The Meadows is a multi-family community it is important that we all fulfill our responsibilities as owners/residents. We appreciate your cooperation in our efforts to keep your community clean and orderly.



Parking in The Meadows

A reminder: any vehicle parked on Meadows property must display a valid parking permit. The acceptable forms of a permit can be a Meadows parking sticker, a blue Visitor hang tag, or an orange Frequent Visitor Hang tag. Residents may not use Visitor tags. For details on our parking rules and regulations, please contact The Meadows office, or refer to the 2021 Meadows Rules and Regulations, Section X: Rules Governing Motor Vehicles.

Greetings & Good News Solicited

Everyone likes to hear good news. One thing that will allow The Meadow Lark to publicize good news is for our residents to submit items to us. We used to list important events or milestones in this newsletter, but it seems that people just aren't sending such news in to be recognized anymore.

Accordingly, a call is being sent out to everyone to send in your good news! We are willing to publish all birthdays, anniversaries, graduations, weddings, births, awards and anything else that may be noteworthy in the life of your friends and loved ones. You can drop a quick note in the black dropbox outside the clubhouse, or call or email the office.

Meadows Website www.mymeadows.net

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 8½x 11-inch paper. Include your name, Meadows address, and telephone number. They must be renewed each month. The Meadows does not endorse any advertisers.

EDITOR: Bill Liedtke

Meadows Office
Monday–Friday, 9 AM – 4:30 PM
Phone: 703-830-4464
Fax: 703-815-0755
E-Mail: meadowsoffice72@gmail.com
Website: mymeadows.net

24-Hour EMERGENCY ONLY
Cardinal: 703-569-5797

Security
703-628-9481

Towing
Battlefield Towing: 703-378-0059

MG Junk Removal LLC
(703)200-9420
(703)864-5327
Email: mgjunkremoval@gmail.com
info@mgjunkremovalusa.com

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



Utilities Must Remain On!

ALL Co-Owners are required to keep the utilities on in their units. The heat must be set at or above 65°F in all units, vacant or occupied. This temperature may seem a little high, but one must consider that the furnace room where the pipes originate is unheated and may be affected by the wind chill factor. Another thing to consider is if the water is turned off, it remains in the pipes and is subject to even quicker freezing. Every year, major damage to several units has occurred as the result of pipes freezing and breaking in this manner.

Any damage resulting from broken pipes, etc., caused by improper heat being maintained in a unit will be the responsibility of the Co-Owner. A minimum of 65 degrees Fahrenheit must be maintained during the winter months. – Rules and Regulations.

What To Do If You Experience a Leak

If you experience a leak in your unit you, must contact your own plumber to respond. If your leak appears to be from a neighboring unit, you should attempt to reach your neighbor and have them shut off the water to their unit to minimize damage. Most shut off valves are located in the utility closet behind the hot water heater; however, if there have been any plumbing changes in the unit by a current or previous Co-Owner, the valve may have been moved. If the neighbor is not reachable or unable to shut off the water, contact the Fire Department and they will report and turn the water off. In these cases, you may contact the Management Office on the next business day; however, since this is a neighbor-to-neighbor issue, The Meadows involvement is limited. You are encouraged to contact your neighbor directly or if that is not possible, file a claim through your homeowner's insurance company.

The only exception to the procedures outlined above is if you are in an upper unit and inspection of your attic indicates the leak is coming from the roof. If this is the case, please contact the office to schedule an appointment for a maintenance technician to inspect the leak. In the meantime, simply place a bucket or pan under the leak to keep the water from penetrating into your living space. While this is not an after-hours emergency call, we do ask that you let us know as soon as possible so that we may see the attic while it is still wet. This helps us determine where the problem is.