

# THE KNOLLS NEWS

Sharing News of Common Interest

March 2024

## Annual WKCA Membership Drive has Started - Your Form Enclosed

*Membership Drive Mar - April, Dues are still only \$20 per year!*

Please open this newsletter and pull out the 2024 WKCA Membership form along with a self-addressed envelope to send in your form and dues, we need you to renew your membership! The WKCA can only continue to provide the services, events, and activities we all enjoy through the continued membership of our Winston Knolls residents – for both owners and those renting a home in the community. Even if you decide not to join the WKCA, please update the form and send it in, so your listing and our database are up to date. Be a good neighbor and please support our Association, a small price, with a big return. (See presidents’ message on page 2).

### Winston Knolls

Winston Knolls Civic Association membership is voluntary and offered to each of our 489 homes. We sponsor civic-minded events and promote and protect the wellbeing of our neighborhood!

Website Resource for WKCA  
[www.winstonknolls.net](http://www.winstonknolls.net)

The Knolls News is a periodic publication of the Winston Knolls Civic Association and is distributed free to all 489 homes in the community. Classified advertisements are free to members of the Civic Association. Business advertisements are also available for a fee. We encourage you to use our advertisers and expect that you will do your own research before employing persons to work on your home or property. For information on any article or on WK advertising rates, please contact Tom Blume at [kathandtomblume@gmail.com](mailto:kathandtomblume@gmail.com)

### Advertising Rates:

- Business card size: \$20.00
- One-fourth page: \$35.00
- One-third page: \$45.00
- One-half page: \$60.00
- One-Full page: \$100.00



Cub Scout Pack 685 holds its Annual Blue and Gold Banquet in February 2024  
(see page 3)

### Are you new to the neighborhood?

If you recently have become a Winston Knolls resident or know of a new family that has moved into the neighborhood, please notify us at [WKCABoard@wknolls.net](mailto:WKCABoard@wknolls.net) so we can update our database. Data Base is Chairman John Flynn. This email address will also notify Tom Blume. You can also notify any other Board Member so we can get your information into our database.

## Message from the President

As you can see from the front page, the WKCA Membership drive has started, and I want to thank those who have supported us over the years. The last couple of years have been very trying for us all, especially for the Civic Association. Unfortunately, if we are not able to obtain our goal of **50%-55% (244-268) 2024 membership/dues, the Civic Association will be forced to reduce or eliminate some of our activities.** Not only has our membership dwindled over the years, so have our volunteers. I am not saying this to alarm you, however you deserve to know the truth. So, the 2024 membership drive will be very important with respect to the association and the community. Now on to some better news. John Flynn, our Data Base and Directory Chairperson, upgraded our website to accept PayPal for your convenience. We hope to have this in place by the end of March. **WKCA will host the Community yard sale in conjunction with Orange Hunt on May 18.** In addition, we are still trying to revive the local 4<sup>th</sup> of July Parade –a favorite that we have missed over the past several years. I ask that you take 10 minutes to fill out your membership form and mail it in or call me and I will pick it up. Again, I want to emphasize that Winston Knolls is a great community and I wish everyone a great spring and summer.

### What Your Dues Pay For

- **Beautification** – Sponsoring Cleanup Day in the spring, planting scrubs/flowers, fund ~\$3,800.00 dollars annually for the mowing of Huntsman median sidewalks, and sign area throughout the spring and summer to keep up property values in the community.
- **Knolls News** – Printed newsletter, and email update providing information on WKCA activities, home improvement tips, committee reports, neighborhood news, and more!
- **WKCA sponsors Cub Scout Pack 685**
- **Neighborhood Directory** – An excellent resource is published biennially. 2024 is the next printing. Keeping our data base current is a must.
- **Social Events** – Halloween Parade and Party, Community Picnic, and more.
- **Service** – Community Yard sale Twice a year

### WKCA Needs Volunteers

**The civic association is in dire straits –we have several officers that have held the same position for over 8-13 years, and we are in need of “young/new blood”.**

**The board is seeking new volunteers to turn over their role to someone new. The board meets approximately 5/6 times a year during September through May. Some of the jobs only take a total of 4/5 hours for the total year. Please contact me to learn more about the board and the role you could fill as a volunteer for the community. No prior experience is necessary, and this is a great way to give back and stay in the know about our community, Call me at 703-569-2368.**

### Move with Marion Hosts Shredding Event on April 6th

In conjunction with Universal Title Old Town and Christ Church, Move with Marion will be hosting a free paper-only shredding event on Saturday, April 6th from 9-11:30 am. Simultaneously, they will be collecting nonperishable food items for Christ Church's food bank, which will be donated to the Rising Hope UMC food pantry. The event will be held in the front parking lot of Christ Church, 7600 Ox Road in Fairfax Station.

The flyer features logos for 'MOVE with MARION team' and 'UT UNIVERSAL TITLE'. The main text reads: 'Drive-through Shred Event', 'PAPER ONLY' (in a yellow box), 'Sat April 6th, 9 am — 11:30 am FREE', and 'Christ Church Parking Lot 7600 Ox Road'. A yellow box at the bottom states: 'We will be collecting pantry items for Rising Hope UMC Food Pantry. Let's give back to our community!'. It is sponsored by 'Move With Marion Team & Universal Title' with a 'Limit 4 Boxes' restriction. Fine print at the bottom lists contact information for Marion Gordon and Keller Williams Metro Center.

### Volunteer Income Tax Assistance

Fairfax County Department of Employment and Training offers free income tax preparation for caregivers and their loved ones. If you or your loved one has earned less than \$64,000 in 2023, you may qualify for this free service! Northern Virginia CASH is a coalition of community partners who support the VITA sites in Northern Virginia. In-person VITA services are available at several sites in Northern Virginia. Walk-ins are welcome, no appointments are needed. For more information, please e-mail, [DFSVITA@FairfaxCounty.gov](mailto:DFSVITA@FairfaxCounty.gov) or call 703-533-5320.

# orange hunt LIVING

An online resource for Orange Hunt and Winston Knolls Communities

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- Community Events
- Home Improvement
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Submit a story idea or community event

[www.OrangeHuntLiving.com](http://www.OrangeHuntLiving.com)



## [Pack 685 Holds Annual Blue and Gold Banquet](#)

As depicted on the front page, I was fortunate enough to attend Pack 685's Annual Blue and Gold Banquet in February and present checks from both the WKCA and the Winston Knoll II HOA, to help with their activities. The Civic Association is the Charter member for the Pack, and we are very proud to be associated with such a worthwhile organization. As usual it was a fantastic event. We are fortunate to have one of the best Packs in the area, if not the state. This is due to the Pack/Den leaders, parents, and of course the scouts themselves. At the event, 12 of the cub scouts participated in the Arrow of Light ceremony, these are Cub Scouts who have completed the Webelos rank and prepare to become Boy Scouts. The award is significant in the Scouting experience, so significant it is one of the only Cub Scout badges that can be worn on the Boy Scout uniform. Arrow of Light is its own rank, making it a milestone in a Cub Scout's growth. I want to thank all of the volunteers who took the time over the last year to make Pack 685 such a success. Thank you all for the countless hours of hard work! The following are the individuals who participated in the Arrow of the Light: *Ben Berona, Logan Eybl, Oliver Rodriguez, Lucas Schuman Josua Vtipil, Daniel Matvay, Alex Schulter, Ryan Herrera Max Hunzeker, Corwin Corin Wiedeman, Elena Gehler and Mohamad Ziadeh.*

Below is Shawn Singh, Wolf Den Leader with Supervisor Pat Herry, and Scouts. Pat recognized the Scouts by awarding them the World Conservation Award, for partnering with the Northern Virginia Soil & Water Conservation District to execute the Storm Drain Labeling & Education project for two neighborhoods in the Orange Hunt area.



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## Getting Ready to Sell Your Home?



Elizabeth is an excellent realtor who we gladly recommend. Before we worked with Elizabeth we were discouraged. We had previously ended an agreement with another realtor that had not gone well. Our house had been on the market for two months with no success and the market was difficult because of increased interest rates. The time of the year was also not favorable. We were struggling. Elizabeth changed that!

Her communication was open and transparent. She had great ideas for what needed to be done to sell our house. Her marketing plan was amazing. The photos, the 3D walk through, and the custom video she made for our home were awesome. In addition, she is a hard worker. She held open houses two days in a row. All of this breathed life into our stagnant situation and resulted in us receiving 4 offers on our home, three of which were over asking price. We are very thankful for Elizabeth. She turned a difficult situation into a positive one for us. She is a great realtor.

- Jim Womer



## Choosing the right agent matters.

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## The Two Fundamental Concepts of Balance

I must admit that I am from the old school, not much on the “touchy feeling “ sort of person and if you have a bad day or two – you work through it until it gets better. That’s life and you have your ups and downs. But, since I am a little older and hopefully wiser, plus after COVID-19, the pressure that we as adults and especially younger adolescents are having to deal with these days, my perspective has changed somewhat. I ran across the article below and I thought it was pretty good, as it made me think. I hope the few minutes it takes you to read this -- that it also makes you think!

### Healthy Minds

Balance is a term that we hear often. We are familiar with phrases such as a balanced diet, work life balance, and balance is key. Who remembers going to the park and playing on a seesaw as a child? The whole point of this game was to try to keep balanced for as long as possible, and in order to achieve this goal, you had to work together with another person. You could not balance the seesaw on your own. As adults, we are likely not to spend much time on a playground seesaw. However, we can still relate to this experience in our current lives. We may find that we are balancing our own “seesaw” of tasks and sometimes try to manage this balancing act on our own, forgetting the basic principle of this beloved childhood game. While the concept of balance can vary between individuals and situations, in order to help maintain balance in our lives, it is important to remember the value of leaning on others for support and relying on these two seemingly ordinary, yet extremely powerful concepts: consistency and acceptance. Consistency What do you think of when you hear this term? The same thing over and over again? Does boredom come to mind? Consistency does not necessarily have to be boring and actually can bring about comfort and inspire creativity. Are there areas of your life that you feel are not balanced? What is a goal you would like to see yourself achieve? As adults, we know that by breaking down a larger goal

into smaller, more manageable parts, it is easier for us to start

taking specific steps on the path towards our goal. When these steps are repeated consistently over time, this can bring about desired change. Children also thrive on consistency and often need support in creating this in their lives, whether it be their daily routines or clear behavioral expectations...or much more. Consistency creates a sense of comfort and security, and once children (and adults) have this basic need met, they are better able to direct their energy towards their relationships with others and themselves, as well as focus on higher order thinking, including problem-solving and creativity. Trying to maintain balance in various aspects of our lives can be challenging and you may consider it to be in a constant state of “work in progress.” While it can be easy to get down on yourself for not being further along in a certain area or have regret that you did not accomplish something that you wanted to on a particular day, it is important to show yourself compassion. Remember that forward progress, no matter how small, is good progress. Encouraging yourself and your children to handle expected and unexpected bumps in the road with resiliency is crucial and can be modeled for children in everyday interactions. Let us work together to help ourselves and each other balance our “seesaws.” Our younger selves would be quite proud. If you or someone you know may be experiencing a mental health challenge or crisis, text HOME to 741741 to reach a crisis counselor. The Healthy Minds Blog shares information related to youth mental health and wellness for an audience of parents, educators, and community-based providers. Articles include tips and strategies for increasing wellness and resiliency, as well as fostering success at home, at school and in the community. The Healthy Minds Blog is a collaborative project between Fairfax County Public Schools and the Prevention Unit of the Fairfax County



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# Remodeling Services

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### Keep your Yard and Street Neat!

I would ask all residents to remember to remove your trash cans from the street and store them accordingly once they have been emptied. Letting the trash cans sit in the road empty overnight or for several days is not recommended. Also, if you have branches or lawn trash -- please ensure that you properly tie up or bag the yard debris for pickup. If not, the debris will not be picked up by your trash company and blow away in the street, ending up clogging one of the many storm drains.

### Relationship between the WKII HOA and the WKCA

In an attempt to clear up the confusion between what the Rolling Valley Section 8-D Homeowners Association (WKII HOA) is responsible for and what the Winston Knolls Civic Association (WKCA) does, please read the following. The WKCA was established in 1975 as a non-profit organization to promote the common interests of the Winston Knolls community. Membership for the WKCA is purely voluntary and we have 489 homes in the area. The Annual dues are a very modest, \$20.00 dollars, which pays for all of the activities and mowing, our website is [www.wknolls.net](http://www.wknolls.net).

The establishment of the WKII HOA, a total of 191 homes constituting Winston Knolls II, was mandated by Virginia law because WKII owns three parcels of common land. A description and detailed map can be found at [www.winstonknolls.org](http://www.winstonknolls.org), identifying the 191 homes and the parcels of common land. Membership is mandatory for these homes with the annual dues voted on by the HOA Board of Directors. Please visit the website for the HOA Officers, Board members and other information. The primary expenditures of the HOA are liability insurance, mowing portions of the common land, and periodic removal of trees that are identified by professionals as an unacceptable risk for falling on neighboring homes. The HOA is also responsible for declarations and covenants enforcement and home re-sale/disclosure documents. The HOA and the WKCA continually explore opportunities for joint sponsorship of activities that are consistent with their respective missions. For example, the HOA and the WKCA sponsor Dumpster Day at spur Road, providing Winston Knoll resident's disposal of trash and debris for spring and fall clean-up and maintains an active dialogue between the WKCA and HOA Board members for the betterment of the community. If you live in Winston Knolls II, the HOA Board is seeking volunteers to fill positions of long serving officers and members who would like to turn over their role to new individuals. Please contact Michael Graves, the President or a board member to learn more about the board and the role you could fill as a volunteer for the HOA, please go to the website at [www.winstonknolls.org](http://www.winstonknolls.org) and check it out today!

### Medical identity theft

When most people hear identity theft, they think of someone stealing their credit card info and buying a big-screen TV. But you can't legally be held liable for fraudulent purchases like that. It's different, however, with medical identity theft. "You can be required to cover the cost for health care services you never received. These can include tests, prescription drugs and even operations. Your Plan Never surrender Social Security, Medicare or health insurance numbers to anyone you don't know and trust. Be particularly wary of free health checks offered at shopping malls, fitness clubs and retirement homes (so-called rolling labs). If they ask to photocopy your cards or ask you to sign a blank insurance claim form, don't do it. It's also vital to review all statements from your insurance provider. If there are any charges you don't understand, call immediately. And when shopping online for prescription drugs or other health-related items, remember that if a price seems too good to be true, it probably is.

### Spring Landscaping Tips

Spring is around the corner, and we want our neighborhood to look its best! Let us all try to get outside this spring and try to spruce up our lawns and the outside area around our houses. Below are a few suggestions to get you going.

- Clean up fallen limbs, branches, and other debris around your yard.
- Pick up any leaves left over from the fall – and do not forget the area along the street at the curb.
- Clean out your gutters and basement window wells.
- Inspect your fences, many in our neighborhood are original fences and in need of repair or replacement.
- Trim back hedges and shrubs along your sidewalks. This certainly helps the many walkers in the neighborhood.
- Rake lawn to get rid of dead growth and let air to the soil, encouraging the grass to grow.
- Transplant any existing shrubs you want to move before they begin to leaf out.
- Get your lawnmowers checked and blades sharpened.
- Cut back the previous season's dead plant material. Cut back ornamental grasses.
- Maintain edges. Grass growth is vigorous in the early spring, so edge your flowerbeds with a sharp trench between them and the grass to keep it in bounds.

# CLASSIFIED ADS

*All non-business ads (For Sale, Garage Sales, Wanted, etc.) are free to WKCA residents – as long as membership fees are up to date. Please submit your request to John Flynn at [john.flynn2006@yahoo.com](mailto:john.flynn2006@yahoo.com)*

## BABYSITTING:

Chloe Miller, 16 Call: 202-650-8747

Evie Englert, 14 call to 301-659-2220

Riley Zimmerman, 16. Text or call 703-785-8865

## PET WALKERS/SITTERS:

Natalie McDonald, 13 Call: 571-424-4405

Evie Englert, 14 call: to 301-659-2220

## Tutor:

Ed Linz (Adult) call: 703-577-5175 – Physics

Marina Elsis (Adult) call: 703-505-7336 – German Grade 1-6

Ginger Avvenire (Adult) Call 703-569-2451 – French tutor.

## Music Lessons:

Leonard Seidel (Adult) call: 703-644-1468 Piano Lessons for adult students with experience, and current students are 10-18 yrs of age

## Batting/Pitching Lessons:

Trip Morgan (Adult) call: 703-569-8619

## Directory / Database Update

**Information for our WKCA database. You can contact me to verify your dues status. I can also send you an electronic version of the 2022 membership form you can fill in and send back to me. My email is [john.flynn2006@yahoo.com](mailto:john.flynn2006@yahoo.com). The WKCA membership form provides us information for the directory, residents interested in committees, and services that can be included in our classified ads section of the WKCA Newsletters. To manage all this data, I'm in need of volunteers to help. If you have strong database skills and have time to help us, please contact me directly at [john.flynn2006@yahoo.com](mailto:john.flynn2006@yahoo.com) Thank you!**