



www.collingtonhoa.info



COLLINGTON YARD OF THE MONTH

Our Yard of the Month winner for July is Kathleen Snead . Kathleen and her son Anthony have created a beautifully landscaped and meticulously cared for yard over the past 6 years. As we drove up to their property Anthony was putting the final touches on his weekly lawn care, wielding the string trimmer like a precision instrument. The results, which you are welcome to drive by and admire are at

14707 Collington Turn in the Tealby section. The Sneads have used a variety of plantscapes in different colors to create an attractive setting. They have layered

their foundation plantings to frame the house well. Consistent watering, fertilizing and lime in the Fall keep this yard looking great throughout the year.



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August Sales Tax Holiday: School Supplies and Clothing

The three-day sales tax holiday for school supplies and clothing begins at 12:01 a.m. on Friday August 5, 2011 and ends at midnight on August 7, 2011.

During this three-day period, purchases of certain school supplies, clothing and footwear will be exempt from Virginia sales tax. Each eligible school supply item must be priced at \$20 or less, and each eligible article of clothing and footwear must be priced at \$100 or less.

For details, visit the School Supplies and Clothing Holiday page at www.tax.virginia.gov.

NEIGHBORHOOD WATCH NATIONAL NIGHT OUT

Collington will be celebrating “America’s Night Against Crime” on Tuesday, August 2nd in the Collington Clubhouse parking lot from 6:30 p.m. to 8:30 p.m.



PLEASE BE PROACTIVE!!!!!!!!!!!!!!

Call the Chesterfield non-emergency number
804-748-1251 if you see anything suspicious in our community.

ADVISORY COMMITTEE UPDATES...

What Does Our Collington HOA Actually Do? Part Three

This month we will continue the series by discussing the Events and Welcoming Committees.

The Collington Events Committee is responsible for planning and successfully running all the events in Collington throughout the year. Examples of these events are:

- Breakfast with Santa
- Spring Fling/Easter egg hunt
- Fall Festival
- Summer Cookout
- National Night out
- Fondue Night
- Movie Night
- Theme Nights at the pool
- Yard Sale
- Oktoberfest

At some of these events we can have over 150 people attend. I know what you

are thinking. It must take a lot of hard work and a large amount of people to successfully pull off these events. Well, the fact is, it does take lots of hard work. However, on average at any of these events, usually we only have 4-5 people actually working to pull them off. This is becoming an issue. Our volunteers, many who have volunteered for years now are simply getting worn out. They need help... A lot goes into these events from planning, purchasing items, setting up, tearing down, and just running the event. The Events Committee meets monthly for about one hour. Even if you can't commit to joining the committee, consider attending a meeting to volunteering for one of the upcoming events.

Next, let's take a look at the Welcome Committee. Some of you might not realize that Collington has a Welcome Committee. The Welcome Committee is a group of 3-4 volunteers that go out monthly to welcome new residents to Collington. During this visit, new residents receive a welcome package that includes the latest copy of the Collington Courier, names and contact information

for each of the Advisory Committees, a list of upcoming events, and a Collington travel coffee mug. The Welcoming Committee is also looking for additional volunteers. They would like to have a volunteer in each section that could help out. Currently, all Welcoming Committee members live in one section. So if you like getting out and talking to new people, please consider helping out on the welcome committee. You can contact them at welcome@collingtonhoa.info.

Over the past few months, we hope we have helped outline what goes on behind the scenes on each of these committees. If you ever have any questions or concerns about the daily operations of Collington, please consider attending one of the monthly Advisory Committee meetings held on the 2nd Monday of each month. These meetings are in the clubhouse at 7 p.m. Look forward to seeing you on August 8th.

COLLINGTON ADVISORY COMMITTEE NEEDS VOLUNTEERS

Collington's AC Committee currently has 2 open positions that will need to be filled in September at the annual meeting. Look for information about how to volunteer for these positions in your mail.

COLLINGTON WOMEN'S CLUB

The next meeting has been rescheduled to August 4th (Thursday)

Collington Clubhouse @ 7:00-9:00 p.m.

COLLINGTON WOMEN'S BOOK CLUB

August 17th (Wednesday)

Collington Clubhouse

7 p.m.

Book selection:

[Major Pettigrew's Last Stand: A Novel](#) by Helen Simonson

COLLINGTON WINE CLUB

The Collington Wine Club will meet on August 18 at the home of Neil and Betty Stewart. The theme for this gathering is Italian Wines. The Club is also planning to visit a local Winery as a group in September. Details to follow. If you are interested in joining the Collington Wine Club, please email Bill Giordano at billgior23@verizon.net.

COLLINGTON CLASSIFIEDS

CHILDCARE

Collington mom available to provide before and after school care. Please call Katherine Dantonio at 929-2899

If you have anything to sell, and would like to advertise it in the monthly courier, please send the information to courier@collingtonhoa.info. The ad will run for one month at a time, after which it can be “renewed” again for an additional month. We do ask that a special effort be made to notify the Collington Courier that an item is no longer available for sale.

No personal ads, please!

COLLINGTON BABYSITTERS		
Brianna Eberhart	Age 20	639-1239
Taylor Brooks	Age 20	240-1010
Shawnte’ Hill	Age 20	608-1227
Rachel Reid	Age 18	639-5531
Ashlyn Hill	Age 18	608-1227
Kaitlin Jones <i>(Certified by Red Cross)</i>	Age 15	739-8793
Carrie Miles	Age 14	437-3950
Monica Cox <i>(Certified by Red Cross)</i>	Age 14	739-0535
Brittney Corr <i>(Certified by Red Cross)</i>	Age 14	378-5099 or 638-8522

COLLINGTON ADVERTISING RATE		
SIZE	RESIDENT	NON-RESIDENT
Business Card	\$ 2.50	\$ 4.00
3 x 5	\$ 4.00	\$ 5.00
3½ x 4	\$ 5.00	\$ 6.50
¼ Page	\$ 8.00	\$10.00
½ Page	\$10.00	\$15.00
Full Page	\$20.00	\$25.00
<p>Contact your editor for more information at courier@collingtonhoa.info</p> <p>Business Classified ads are due by the 18th of the month for next issue. Payments for the ads must be received in FULL prior to the 20th of the month during which the ad is to be run. Make checks payable to Collington Community HOA.</p>		

COLLINGTON NEWSLETTER COMMITTEE NEEDS YOUR HELP

The Newsletter Committee is looking for a volunteer(s) to be the Assistant Editor for the Collington Courier. The committee only meets once a month to discuss the upcoming issue and this meeting usually only lasts about 1 hour. If you have some publishing experience and are willing to volunteer about 2-3 hours per month of your time, please contact courier@collingtonhoa.info.

Tips to Help Senior Citizens Stay Cool in Summer Heat

Older residents are at higher risk of developing heat-related illnesses

By Tina Kreider for Right at Home of Santa Barbara | Published on 07.12.2011

Summer is a season when many activities take place outdoors, with warm temperatures and long days. As people venture outside to enjoy their favorite summer pastimes, extremely high temperatures can affect the body's ability to keep cool.

"Although anyone can be vulnerable to summer heat, some people are at greater risk than others," said Tina Kreider, owner of Right at Home of Santa Barbara. "Persons over age 65 particularly are at high risk for suffering a heat-related illness."

Senior citizens are susceptible to intense heat because their bodies may be less efficient than younger adults to adequately respond to rising temperatures. Senior citizens also are more likely to have medical conditions that change normal body responses to heat, and they are more likely to take prescription medicines that weaken the body's ability to regulate its temperature or that prevent perspiration.

An elderly person's lifestyle also can increase the risk for developing a heat-related illness, such as heat stroke or heat exhaustion. Lifestyle factors include overdressing, lack of transportation, extremely hot living quarters and misunderstanding weather conditions. While getting outdoors to engage in summer activities is important to maintain health and wellness, seniors should be aware of heat-related illness and take steps to avoid succumbing to the effects of summer heat.

Heat stroke is the most serious heat-related illness and occurs when the body

becomes unable to control its temperature. When the body's temperature rises too fast, the body loses its ability to sweat and is unable to cool down. During heat stroke, body temperatures can rise to 103 degrees Fahrenheit or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not given. Various symptoms of heat stroke include an extremely high body temperature (above 103 degrees); red, hot and dry skin (no sweating); rapid, strong pulse; throbbing headache; dizziness; and nausea.

Heat exhaustion is a milder type of heat-related illness that can develop after prolonged exposure to high temperatures and becoming dehydrated. Warning signs of heat exhaustion vary but may include the following: heavy sweating; paleness; muscle cramps; fatigue; weakness; dizziness; headache; nausea; fainting; cool, moist skin; rapid, weak pulse; and fast, shallow breathing. Click here for more information about other heat-related illnesses.

Follow these tips to protect you and elderly loved ones from heat-related illnesses:

- » Drink cool, nonalcoholic beverages; if your doctor generally limits the amount of fluid you drink or prescribes water pills for you, ask how much you should drink when the weather is hot.
- » Rest.
- » Take a cool shower, bath or sponge bath.
- » Seek an air-conditioned environment; if your home is not air conditioned, visit an air-conditioned shopping mall, movie theater or public library to cool off.
- » Wear lightweight, loose-fitting, cotton clothing; if outdoors, wear a hat.

- » Plan outdoor activities in early morning when it is cooler.
- » Visit or check on elderly relatives, friends and neighbors who are at risk at least twice a day and watch them for signs of heat stroke or heat exhaustion.

If you are unable to check up on an elderly relative, consider contacting Right at Home in Santa Barbara for assistance. Trained and bonded caregivers are available to ensure that your loved one is staying cool and drinking plenty of fluids during the hot summer months. They also can transport your loved one to an air-conditioned location if necessary in order to escape extreme heat.

If you observe a person who may be suffering from heat stroke, instruct someone to call for immediate medical assistance while you begin cooling the affected person by doing the following:

- » Take the person to a shady area or an air-conditioned facility.
- » Cool the person rapidly by any means necessary — immerse the person in a tub of cool water, place the person in a cool shower, spray the person with cool water from a garden hose or sponge the person with cool water.
- » Offer fluids such as water and fruit and vegetable juices, but avoid alcohol and caffeine.

Tina Kreider is the owner of Right at Home of Santa Barbara. For more information, call 805.962.0555 or e-mail tina@rahsb.com.

Growing Killer Tomatoes

It's a true story, and one to give a prospective gardener pause: the young couple decides to grow their own tomatoes, and when the summer is over, they manage to harvest a single fruit.

How did they do it, one wonders? Is tomato gardening so difficult that only the few, the botanically exalted, should try it? To judge from the number of books and articles on the subject, one would think it must be so. Indeed, the amount of information out there can be as intimidating as the prospect of a one-tomato harvest.

It's easy to get bogged down in fine-tuned instructions on testing soil pH, the precise timing and placement of mulches, the selection of heirloom varieties and the rest of it. Actually, though, the basics are pretty -- well, basic. If the couple had asked a friend to water their plants on the weekend they left town, all would have been well.

If one-tomato harvests were common, growing tomatoes would be about as popular as wrestling pit-bulls. Instead, according to the U.S. Department of Agriculture, tomatoes are the most popular home-grown vegetable in the country. This would have to be because they are both delicious and easy to cultivate.

If you have even a moderately sunny spot (four to five hours of sunlight will

do, though eight is best), you can dig in some compost, set out some tomato seedlings in the spring after the last frost, and put cages around them. Water them regularly, and chances are good you'll get tons of tasty tomatoes (PDF format). The rest is gravy -- how to get more and bigger fruit, how to get fruit earlier or later, how to deal with pests and other problems, which varieties will do best in your area, how to start your own seedlings. Whole books are written about growing tomatoes, but you don't have to read them before you start.

So if you're an orderly person, or you enjoy planning a garden, by all means plan first and plant later. If, however, it's May and you know you're not going to do all that research ahead of time, you can try the Compost Now, Research Later approach (CNRL, patent pending), and at least you won't have to wait a year for your first tomato. If you plant in May, you can learn enough in June to vastly increase your harvest in July.

Eventually, whether in January or June or in little snippets throughout the year, it is a good idea to move beyond the compost/cage stage. Knowledge about extending the growing season, pesticides, mulching, fertilizing and the rest will help you get the most out of your plants. There's always the lure: the taste.

It's astonishing how good a homegrown tomato tastes, especially compared to the insipid ones sold in most stores. Store bought tomatoes have improved over the past decade or so, but they simply can't compare.

Tomatoes are not just good, they're also good for you. A single cup of raw tomatoes provides over 50% of the recommended daily allowance of Vitamin C and almost 25% of the RDA of Vitamin A, as well as a host of other vitamins and nutrients, including iron, folic acid, potassium, calcium, bone-enhancing Vitamin K and even lycopene, the photosensitive chemical that gives tomatoes, strawberries, and carrots their distinctive colors. A number of studies suggest that lycopene helps prevent several types of cancer, including prostate cancer, and that it promotes good health in a number of other ways as well. At least one study, however, indicates that it's the tomato itself, not the lycopene in isolation, that is so helpful and so healthful. (See Dietary Supplement May Not Lower Risk) In other words, keep eating those tomatoes.

Written by Kate Gardner, who writes some of the time, grows vegetables most of the time, and blogs all of the time in Bozeman, Montana.



COLLINGTON CULINARY CORNER

"This is a wonderful recipe for a spicy cold tomato soup. Works great as an appetizer or main dish. It's very refreshing on hot days. Keeps, tightly covered, in the freezer up to 3 months."

Andalusian Gazpacho

Ingredients

1 cucumber, peeled and diced
1 green bell pepper, diced
5 green onions, chopped
2 cloves garlic, minced
3 tomatoes, diced

2 stalks celery, diced
2 1/2 cups navy beans, rinsed and drained
2 tablespoons olive oil
6 tablespoons red wine vinegar
1 (46 fluid ounce) can tomato juice
1 teaspoon ground cumin
1 tablespoon minced fresh parsley
1 tablespoon minced fresh basil
1/2 tablespoon minced fresh oregano
1/4 teaspoon salt

Directions

In a 4-quart serving bowl or soup tureen, combine cucumber, bell pepper, green onion, garlic, tomatoes, celery, navy beans, olive oil, vinegar and tomato juice. Season with cumin, parsley, basil, oregano and salt. Adjust spices and seasonings to taste. Chill in refrigerator at least 4 hours before serving cold.

Sangria

Ingredients

1/2 cup brandy
1/4 cup lemon juice
1/3 cup frozen lemonade concentrate
1/3 cup orange juice
1 (750 milliliter) bottle dry red wine
1/2 cup triple sec
1 lemon, sliced into rounds

1 orange, sliced into rounds
1 lime, sliced into rounds
1/4 cup white sugar (optional)
8 maraschino cherries
2 cups carbonated water (optional)

Directions

In a large pitcher or bowl, mix together the brandy, lemon juice, lemonade concentrate, orange juice, red wine, triple sec, and sugar. Float slices of lemon,

orange and lime, and maraschino cherries in the mixture. Refrigerate overnight for best flavor. For a fizzy sangria, add club soda just before serving.



AUGUST AROUND TOWN

RVA RIVERJAM

Every Saturday in August
@ 2:00 p.m. to 8:00 p.m.
Canal Walk

Are you looking for something fun to do on Saturday afternoon? Check out the newest event created by Davey Events, the RVA Riverjam on the Canal Walk at Virginia Street! RVA Riverjam highlights local DJs, supports Richmond Tourism and collects donations for To the Bottom and Back. The best free transportation in Richmond.

MONUMENT MARKET

Saturdays (May through October)
@ 8 a.m.-noon
Corner of Monument Avenue & North Robinson Street

Sponsored by Richmond's First Baptist Church. Support local growers and artisans while shopping for organic vegetables, baked goods, plants, flowers, cheese and more.

www.fbrichmond.org/monumentmarket

MAYMONT'S YOUNG NATURALIST: THAT'S GROSS!

August 1-5 @ 9:15 a.m. to 12:15 p.m.
Maymont's Children's Farm

Think your table manners are bad? Check out the disgusting things some animals do to survive. We'll study owl "puke," icky insects and other tricks animals use on the nasty side of nature. For rising 1st-3rd graders. Register online (preferred) or call 358-7166.

www.maymont.org

MAYMONT EXPLORERS: ECO EXPLORERS

Monday, August 1
@ 9:00 a.m. to 3:00 p.m.
Maymont Nature Center

Everyone's going green these days, but what exactly does that mean? Explore recycling, water, energy conservation and the impact of pollutants on our natural surroundings and discover the important changes we can make to help our environment through hands-on investigations. For rising 4th-6th graders.

www.maymont.org

DOGWOOD DELL FESTIVAL OF ARTS—55TH SEASON

August 5 and 6 - Hairspray (musical)
@ 8:30 p.m.

August 7 - Robbin Thompson Band (folk, Americana) @ 7 p.m.

August 12 - Movies Under the Stars—Sister Act II (Rights pending) @ 8 p.m.

Dogwood Dell—FREE

www.dogwooddell.net

FIRST FRIDAYS ARTWALK

Friday, August 5 @ 7:00 p.m.
Downtown Richmond

Pound the pavement for art gallery openings, parties, music and more along Broad Street the first Friday of every month.

TWILIGHT PADDLE AT POCAHONTAS STATE PARK

August 6 and 13 @ 7 p.m. to 8:15 p.m.
Boat Dock

Get ready for a lazy canoe trip on Swift Creek. Enjoy a relaxed evening as we drift along as the sun dips down and the nocturnal animals become active. \$9/person.

Please arrive 15 minutes early at the boat dock. Ages 6 and up. Please register by email:

krista.weatherford@dcr.virginia.gov

Telephone: 796-4255

www.pocahontas@dcr.virginia.gov

www.dcr.virginia.gov/state_parks/poc

CARYTOWN WATERMELON FESTIVAL

Sunday, August 7 @ 10:00 a.m.
Carytown

Over the last twenty five years, it has become a Richmond tradition where families converge to stroll the eight blocks that are closed to traffic. The festival includes over 60 musicians performing throughout the day, 150 vendors and exhibitors, a huge kids' area and activities, lots of great food and of course, truckloads of watermelon

www.Festivalnet.com

TARGET \$1 FAMILY NIGHT

Children's Museum of Richmond
Friday, August 12 @ 5:00-7:30 p.m.

Bring the whole family to enjoy what The Children's Museum has to offer on the third Friday of every month for just \$1 per person!

Phone: 474-7000

www.c-mor.org

2011 FILIPINO FESTIVAL

Friday, August 12 and 13
@ 5:00 p.m. to 10:00 p.m.
Our Lady of Lourdes Church

Come join the summer party on Friday, August 12 from 5-10pm, and on Saturday, August 13 from 10-10pm. Free admissions - no cover charge for favorite local bands: Janet Martin, Houston Scott, Five & Dimers and more! Check out the website for complete band line-up. Authentic menu for dine-in or take-out, cultural music & dances, vendors, health screenings, children's area and more.

www.filipinofestival.org

2ND ANNUAL RICHMOND JAZZ FESTIVAL AT MAYMONT

Saturday August 13 and 14
@ 11:00 a.m. - 9:00 p.m.
Location: Carriage House Lawn

The Richmond Jazz Festival at Maymont presented by Altria Group will kick off its second year this summer by bringing a sense of serenity, soul and smooth sounds to the Capital City. The Festival will feature more than 20 local, national and international bands and artists. A portion of the proceeds will benefit the Maymont Foundation, the Richmond Jazz Society and Educational Learning Opportunities.

www.maymont.org

[SUMMER SERIES] MOVIN' AND GROOVIN' DAY

Saturday, August 27 @ 7:00 p.m.
Children's Museum of Richmond

Join us for an epic all-day dance party showcasing various musical selections and unique musical instruments! A special performance by the Taiko drummers from the University of Richmond, children's group the Firehawks, and special guest, Snoopy. Come shake your wiggles out at CMoR Central!

www.c-mor.org

[SUMMER SERIES] 30 CENT KIDS' DAY

Tuesday, August 30 @ 7:00 p.m.
Children's Museum of Richmond

Children visit the museum for only 30¢! Come enjoy all of the museum's exhibits, art studio, story time and floor activities. Don't miss performing magicians, Seymour and more!

www.c-mor.org



MY SUMMER TO-DO LIST:

- Summer Camp and Fall 2011 Enrollment!
- Make new friends
- Learn something new

Make summer a blast with Camp Primrose. Explore the great outdoors or go on a wacky science adventure. Primrose provides *The Right Foundation to Build Active Minds, Healthy Bodies, and Happy Hearts.*®

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AUGUST 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Events Committee Meeting 7-8 p.m.	2 National Night Out 6:30-8:30 p.m.	3	4 Collington Women's Club 7-9 p.m.	5	6
7	8 AC Meeting 7-9 p.m.	9	10	11	12	13
14	15	16	17 Women's Book Club 7-9 p.m.	18	19	20
21	22	23	24	25	26	27
28	29	30	31			