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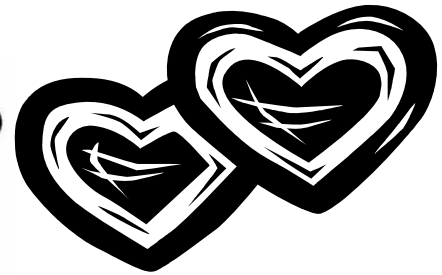
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Collington



www.collingtonhoa.info

COLLINGTON AND ROUNTREY ANNUAL GOLF OUTING

Collington's Annual Golf Outing will be held
Saturday, April 30 (12:30 p.m.) at
Birkdale Golf Club.

More information will follow soon.



COMMUNITY EVENTS FOR 2011—MARK YOUR CALENDARS!

The Collington Events Committee met in early January and plans to host the following fun-filled events in 2011.

Please mark your calendars! We need your help to make these events a success – please consider joining the Events Committee. Contact us at events@collingtonhoa.info if you are interested!

Sunday Soup Supper	Sunday, March 6
Annual Spring Fling/ Easter Egg Hunt	Saturday, April 9
Annual Golf Tournament	Saturday, April 30
Annual Yard Sale	Saturday, May 21 (rain or shine)
Summer Kickoff Party	Friday, May 27
Pool Parties	Friday, June 3 Friday, June 17 (School's Out Outdoor Movie)
	Friday, July 8
	Friday, July 29
Annual Summer Cookout	Saturday, July 16
National Night out	Tuesday, August 2
Oktoberfest	Saturday, October 1
Annual Fall Festival	Saturday, October 29
Annual Breakfast with Santa	Saturday, December 3

COLLINGTON WOMEN'S CLUB

The Event's Committee has agreed to host a Collington Women's Club which will meet the first Thursday of every month at the clubhouse. The first meeting will be Thursday, February 3rd from 7-9 p.m.

Please contact events@collingtonhoa.info for more information.

ADVISORY COMMITTEE UPDATE...

The Advisory Committee had its first meeting of the year on Monday January 10th. All members were in attendance along with the new community manager from ACS West, Martha Yeager. As expected, the transition from Community Group to ACS West has been good. Just a few issues have come up and have been handled in a quick manner. One major thing that has come out of the transition is that ACS West will now be handling all on-site inspections. This will allow us to use the resident volunteers who were serving on that committee to help out with the ARC approval process.

The Advisory Committee receives a few questions via email each month. Two of these questions we would like to outline this month.

1. Who is responsible for the street lights in Collington?

While the HOA pays the electric bill for the lights the maintenance of the lights fall under Dominion Power. If you see a light that is out or having other issues, any resident can report it to Dominion Power by calling, 1-866-366-4357. They will need the pole number which is located on the light pole as well as the intersection it is located at.

2. Who is responsible for potholes and general road maintenance?

VDOT is responsible for all paved roads in Collington except for the section of Brading Lane between Brading Park and Hockliffe and the back section in Tealby. These sections are maintained by the developer and can be easily spotted as they only have the first coat of pavement. All the other sections are in the VDOT system and problems can be reported at 1-800-367-7623.

The Events Committee is planning the normal yearly events as well as some exciting new ones this year. At our last Advisory Meeting, it was discussed in length the need for some more adult centered events. That call was answered with the Collington Wine Social that was held in January. Other similar events are planned as long as we keep getting the support from the residents to host them. Also it was decided to once again try to establish a Collington wide Women's Club. The point of trying to establish this is that all women of Collington are welcome to attend and meet and socialize with others from different sections. The first meeting of the Collington Women's Club will be February 3rd at 7:00 p.m. in the Collington Clubhouse.

It's hard to think about the pool season with the cold weather outside, but it's right around the corner. The Pool Committee had its first meeting of the pool season in January. Jason Lake has volunteered to chair the committee. Start looking around the house and locate your photo pool pass! If you misplaced it or have moved into Collington over the fall/winter months, more information will be coming out letting you know when the pool committee will be issuing photo pool passes. In March's newsletter look for more information about pool hours and guest policy changes.

As always we are always looking for residents to volunteer in many ways throughout the community. Even if you can't commit to serving on a committee we can find an activity or event for you to help out with. Contact any of the Chairs to volunteer.

Collington Advisory Committee

COLLINGTON CLUBHOUSE

Steve Zaffuto is stepping down after being the Clubhouse Coordinator for the last 2 years. He will, however, serve as backup.

If you are interested in renting the clubhouse or need more information, please contact Kathleen Snead at clubhouse@collingtonhoa.info.

- Deposit \$200.00/event
- Mon-Thurs \$100.00/event
- Friday-Sun \$200.00/event
- Collington Neighborhood Section \$50.00/event

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 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.

COLLINGTON BABYSITTERS		
Brianna Eberhart	Age 18	639-1239
Taylor Brooks	Age 18	240-1010
Shawnte' Hill	Age 18	608-1227
Alison Miles	Age 17	218-8778
Rachel Reid	Age 17	639-5531
Nanda Del Corona	Age 16	639-8125
Kelsey Danko	Age 16	608-1172
Kiana Hoover	Age 16	318-3788
Ashlyn Hill	Age 16	608-1227
Carrie Miles	Age 14	437-3950
Tyler Prybyla	Age 14	608-0858
Kaitlin Jones <i>(Certified by Red Cross)</i>	Age 14	739-8793
Allyson Gammon <i>(Certified by Red Cross)</i>	Age 14	387-9974
Brittney Corr <i>(Certified by Red Cross)</i>	Age 13	378-5099 or 638-8522
Monica Cox	Age 13	739-0535

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 SENIORS CORNER

Important Exercises for Senior Men

Creating a fitness program for senior men should continue to build on fitness goals from earlier in life. Things like cardiovascular health, improving strength and flexibility, and balance are all important. The key with senior men is to exercise smart and avoid injury. Here are some great exercises for senior men.

Cross training

Cross training is beneficial for senior men to minimize injury. While some senior men might be accustomed to one intense workout activity, with age comes the need for variety and cross training. A well-rounded exercise program will also alleviate boredom. For senior men this means exercise that include aerobic activity, working different muscle groups, and movement to increase flexibility.

Swimming

One of the best forms of exercise for senior men and anyone of any age is swimming. This full body workout engages your arms, legs and cardiovascular system and helps keep muscles strong. The low impact involved in swimming is ideal for men who has joint problems, arthritis, or back pain. Water workouts are also one of the least likely exercises to cause injury.

Walking

Another great form of aerobic activity for senior men is walking. This is an easy-to-do form of fitness routine requires no special equipment and can be done anywhere. Senior men will find that a moderate pace will give their heart a gentle workout and build energy for the day. For variety, senior men can walk up hills, around a track, or go on hikes. Even walking on a treadmill while watching television will provide benefits and keep you young.

Weight Training

Building and keeping muscle mass is important to keep senior men healthy. Lifting weights is one of the best ways to do this. Using free weights or weight training machines will build strength, but make sure you know your limits and don't overdue it. An injury later in life is going to take much longer to heal so it's worth it to be cautious and work with a personal trainer. Senior men want to make sure they utilize proper form and technique as these factors are more important than ever before.

Tai Chi and Yoga

Tai chi and yoga are both excellent exercises for senior men that build strength, endurance, and flexibility. These practices can also help alleviate pains and prevent injury, as well as center the mind and create a sense of peace.

Yoga is a full body workout that provides both physical and mental health benefits. There are varying degrees of yoga classes from relaxing to strenuous with many different forms available to practice. In recent years more men are practicing yoga and finding benefit.

Some good forms of yoga for older senior men include gentle Hatha Yoga or chair yoga. For younger senior men who are strong and athletic, bikram yoga is a more strenuous form where classes are held in a heated room. Many men like bikram yoga for its physical challenge, the military style classes, and the health benefits from heating muscles.

Tai chi is another exercise that engages senior men with a focused form of exercise that has both physical and mental health benefits. Tai chi is a martial art that brings together coordination, balance, and strength. The motions are low-impact and yet masculine enough that senior men will feel comfortable doing them.

Exercise for Life

It's never too late to incorporate a fitness program into the life of a senior man. A physical fitness program will promote your health, longevity, and even sex life for years to come.

COLLINGTON CULINARY CORNER

White Bean and Winter Tarragon Soup

serves 4

8 ounces Great Northern white beans
2 Tablespoons olive oil
1 medium onion, diced
1 small fennel bulb, diced, about one cup
2 teaspoons grated lemon peel
2 cloves garlic, minced
7 cups chicken stock
1 Tablespoons fresh winter tarragon leaves, chopped*
3 Tablespoons thinly sliced ham, ju-

lienned
salt and pepper to taste

Sort through the beans to remove rocks and other items. Put in a container and cover with four inches of water. Soak overnight. Drain off the water.

In a stainless steel pot heat the olive oil. Sautee the onion and the fennel until golden. Add the grated lemon peel and the garlic. Cook for one minute to release the flavors. Add the stock, cover the pot and reduce the heat to a simmer.

Cook the beans until soft, about one hour.

Stir in the tarragon, reserving 1/2 teaspoon to use for garnish. Add the ham, stirring to blend all flavors. Add salt and pepper to taste. Ladle into decorative soup bowls and garnish with the remaining tarragon.

* French tarragon can be substituted for winter tarragon.

COLLINGTON GARDENING CORNER

Tarragon

by Linda Gilbert

Tarragon is called the "King of Herbs" by the French, and with good reason. It is the main flavoring in many of the sauces that form the foundation of classic French cuisine. When paired with chopped sprigs of fresh parsley, chives, and chervil, you have the traditional seasoning blend known as fines herbes. This aromatic blend enhances the flavors of egg, chicken and fish dishes, and is also used as a basis for salad dressings. When using tarragon in cooked dishes, it is best to add it at the end, as heat tends to decrease its flavor. Unlike most of the other herbs, tarragon loses the potency of its flavor when dried. This may be one reason it is so frequently preserved in vinegar, which captures tarragon's essence and creates a tasty condiment that can be used in dressings, mayonnaise and as a zesty deglazing alternative to wine.

French tarragon (*Artemisia dracunculus*) is the variety most often used in recipes. Its flavor is sweeter and its leaves are more delicate than its relative Russian tarragon, (*Artemisia dracunculoides*), which tends to have coarser, paler leaves and a bitter, inferior flavor. Unfortunately, whereas the Russian variety spreads and reproduces easily, French tarragon cannot be propagated by seed but must be cultivated by cuttings and root divisions. For a healthy plant, it requires rich, well drained soil and full sun.

While most herbs have a long history of use as medicines, and a equally long list of the ailments they were supposed to cure, tarragon's list is relatively short. This is most likely due to the fact that tarragon loses its aromatic volatile oils as the herb dries.

Tarragon was used by the ancient Greeks as a remedy for toothache. Today we

know that tarragon contains an anesthetic chemical, eugenol, which is the major constituent of anesthetic clove oil, making its use for temporary pain relief understandable. During medieval times there was a belief, called the Doctrine of Signatures, which stated that an herb's appearance revealed its medicinal value. According to this philosophy, tarragon was thought to cure snake bites, due to the serpentine shape of its roots. Even tarragon's species name, *dracunculus*, comes from the Latin for dragon, again referring to the shape of its root, and adding to the myth of curing bites from venomous beasts and mad dogs.

French tarragon's generic name, *Artemisia*, comes from the Greek goddess Artemis, goddess of the moon. Many of the plants in that family, Dusty Miller and Sagebush for example, have a soft, silvery color, as if bathed in moonbeams. The common name, tarragon, is thought to be a corruption of the Arabic word "tarkhum" meaning little dragon.

Although tarragon is most closely associated with French and European cuisine, it was not cultivated in Europe until the late 1500's, when the Tudor family introduced it into the royal gardens, from its origins in Siberia. Later, when the colonists settled in America, they brought along tarragon for their kitchen gardens, along with burnett to flavor ale, horehound for cough syrup and chamomile for soothing tea and insect repellent.

There is another variety of tarragon which makes an attractive addition to the garden, as well as a welcome ingredient in the kitchen. It is actually a member of the marigold family (*Tagetes lucida*), commonly called Mexican marigold or winter tarragon. Given full sun and good drainage, the plant grows to a height of

about 2 1/2 feet and is quite bushy. In the late fall it produces a lavish display of tiny golden flowers at the end of its long, erect stems. With the delicate flowers and contrasting rich green tapered leaves, these branches make interesting additions to floral arrangements, especially with the fragrance of the herb itself adding an extra element to enjoy. The stems also add the perfect finishing touch to a decorative bottle of herb vinegar.

The flavor of this variety is a bit spicier than that of French tarragon, having an accent of cinnamon in addition to the sweet licorice taste normally associated with tarragon. It can be used in the same manner as French tarragon, and gives whatever dish it is in an extra dimension of zest. Best of all, this wonderfully hardy perennial keeps on producing all through the winter, long after the far more fragile French tarragon has gone dormant, allowing you to enjoy garden fresh tarragon all year.



FEBRUARY AROUND TOWN

GARDEN IS FOR LOVERS

February 1-28 @ 9:00 a.m.-5:00 p.m.
Lewis Ginter Botanical Garden

A special Valentine's display steams up the Conservatory, including tulips, daffodils and hyacinths in full bloom, while the tropical wing showcases fragrant, exotic orchids. Regular admission.

Phone: 262-9887

www.lewisginter.org

STRANGE'S GARDEN CENTER - DOG DAYS IN THE GARDEN

Saturday, February 5
@ 10:00 a.m.-4:00 p.m.
Strange's Garden Center

Strange's Garden Center is hosting their 4th annual Dog Days in the Garden this weekend. This is a free dog friendly event with contests, demonstrations and raffles for terrific Strange's Garden Center prizes. This year we celebrate our fabulous community and service dog organizations. Come see these dogs in action and join in the festivities.

Phone: 360-2800

www.strangesgardencenter.com

22ND ANNUAL MAYMONT FLOWER & GARDEN SHOW

February 10-13

The Greater Richmond Convention Center

The MAC Events Home Show - Richmond, featuring the Maymont Flower & Garden Show, Virginia's long-standing harbinger of spring, will offer you the latest in horticulture, gardens, seminars and a marketplace filled with goodies that will have you dreaming of spring. The Maymont Flower Show attracts thousands flower and garden enthusiasts annually from throughout Virginia, highlighting fabulous display gardens, the Garden Marketplace, top-quality seminars and so much more!

For show information, call 800-322-3976 or visit www.maymontflowershow.com.

THE LOVE TOUR AT MAYMONT MANSION

Saturday, February 12-13
@ 12:00-5:00 p.m.

When Queen Victoria married her handsome Prince Charming in 1840, they set the romantic tone for the 19th century. Visit Maymont Mansion during Valentine's Day weekend as elegantly costumed

ladies and gentlemen relate details of this royal love story and the courting customs of the era. Discover the Victorian language of love as depicted in the décor of Maymont Mansion, where romantic swans, red roses and costly indulgences reflect James Dooley's loving devotion to his wife Sallie. Tours available every half-hour; last tour begins at 4:30. \$7 per person/\$5 members. Reservations recommended; call 804-358-7166, ext. 329.

www.maymont.org

TARGET \$1 FAMILY NIGHT

Children's Museum of Richmond
Friday, February 18 @ 5:00 p.m.-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

BALÉ FOLCLÓRICO DA BAHIA

Carpenter Theater
Friday, February 14 @ 7:30 p.m.

Richmond Center Stage welcomes Balé Folclórico da Bahia, the only professional folk dance company in Brazil. Formed in 1988 by Walson Botelho and Ninho Reis and currently under the artistic direction of José Carlos Arandiba, the company's many national and international tours have earned it a prestigious reputation throughout the country and abroad that is reflected in the response of the public and the critics. The 38-member troupe of dancers, musicians, and singers performs a repertory based on a "Bahian" folkloric dances of African origin and includes slave dances, capoeira (a form of martial arts), samba, and those that celebrate Carnival. The company presents the region's most important cultural manifestations under a contemporary theatrical vision that reflects its popular origins.

Tickets are available at the Richmond Center Stage Box Office, all Ticketmaster Outlets, www.ticketmaster.com or call 1-800-745-3000. Discounts for seniors, military and students are available at the box office only. \$25.00 per ticket.
www.richmondcenterstage.com

TNA WRESTLING LIVE

Saturday, February 26 @ 7:30 p.m.
Landmark Theater

Total Nonstop Action wrestling is a professional wrestling organization that hosts live events throughout North America. TNA Impact! is the title TV show and can be seen weekly on Spike TV in the United States.

Tickets sold through Ticketmaster
www.ticketmaster.com

TWILIGHT CARNIBALL GALA

Children's Museum of Richmond
Friday, February 25 @ 7:00-11:00 p.m.
Tickets are \$75 per person

Join us for a fabulous evening to celebrate the Children's Museum of Richmond!

Brazilian cuisine & décor by Mosaic Café & Catering Entertainment by Bio Ritmo. Fabulous silent and live auction packages, Samba dancers and live Brazilian entertainment.

Phone: 474-7000

www.c-mor.org

KIDS CARNIBALL-DESTINATION RIO

Children's Museum of Richmond
Saturday, February 26
@ 10:00 a.m.-4:00 p.m.
Free with admission
Phone: 474-7000

www.c-mor.org

THUNDER NATIONALS

Friday, February 25 @ 7:30 p.m.
Saturday, February 26 @ 2:00 p.m.
Saturday, February 26 @ 7:30 p.m.
\$11.00-31.00
Richmond Coliseum

Thunder Nationals features the same massive superstars from Monster Jam, but in a more intimate arena setting. Staged on purpose-built concrete courses, all the action that these monsters are famous for is fully intact, and even heightened by the smaller size of the tracks. Expect to see outrageous jumps, crushed cars, plenty of concrete-streaking action, and some of the most incredible donuts ever.

Tickets available at the Richmond Coliseum Box Office, all Ticketmaster Outlets, ticketmaster.com or call 1-800-745-3000.
www.monsterjam.com



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www.griffithhvac.com

FEBRUARY 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Groundhog Day 	3 Collington Women's Club 7-9 p.m.	4	5
6 Super Bowl XLV 	7 Events Committee Meeting 7-8 p.m.	8	9	10	11	12
13	14 Valentine's Day 	15 AC Meeting 7-9 p.m.	16	17	18	19
20	21 President's Day School Holiday 	22	23	24	25	26
27	28					