



The FRONT PORCH

COMMUNITY NEWSLETTER

SUMMER 2016



Marion Gonzales and her daughter, Alexis, of Miss Packard Court attended the Grand Opening.

The Shores Club Grand Opening Held June 25

By Tiffany Alm

After a successful “soft opening” in mid -June, The Shores Club officially opened on June 25 with a pool party and Fitness Barn Open House. Unfortunately, the Social Barn was not ready for public viewing until the week of August 8.

At the outdoor pavilion, residents picked up their complimentary Potomac Shores swag-bag and filled out a questionnaire about clubs and activities that they would like the Social Committee to organize. The swag-bag was a nautical-themed beach bag containing a beach towel, sunglasses, keychain, and water bottle (all with the Potomac Shores logo) and waterproof ID carrier/lanyard. About half of these bags were claimed on opening day; the rest were held for families to pick up at their convenience.

The next stop for the Grand Opening was the Fitness Barn which features

2,400 square feet of state-of-the-art cardio and strength-training equipment, a movement studio, a yoga garden, fully-equipped locker rooms, and a child care center which is not yet open for business.

The coolest stop on the Grand Opening “tour” was the swimming pool. There is an eight-lane lap pool and a large family pool with a mushroom waterfall in the “kiddie” area. Cabanas were rent-free for the day and generated plenty of interest for future rentals at \$20 per four hour period. Those interested can reserve cabanas by calling the Shores Club in advance.

The Tidewater Grill provided a light lunch of turkey and ham roll-ups, coleslaw and potato chips.

Representatives from SunCal and CMC participated in a ribbon-cutting ceremony, followed by a photo session, and brief opening remarks.

Anthem Telecom Defers Decision from PWC Board of Supervisors on Cell Tower

By Melissa Hopkins

Anthem Telecom has agreed to defer a decision by the Prince William County Board of Supervisors regarding a cell phone tower in our community until Sept. 6. This deferral will allow additional time to meet with area residents and, hopefully, come to an agreement about the location of the tower, allay any concerns about possible HOA liability that might result from the tower being built, and discuss other issues residents have regarding the tower.

Anthem has proposed building a 175’ tower with a 7’ antenna near the Dominion Power electrical towers between Sea Skiff Way and Silver Arrow Drive. A Special Use Permit (SUP) is required by the Board of Supervisors because the tower is over 100’ taller and 300’ closer to residential property than what is allowed by county code.

Initially, only a few residents (Brett Coulson, Linda Cahaelen, and Thomas Windley all of Silver Arrow Drive, Allan Arnette of Belle Isle Drive, and Steve

Fredericks of Sea Skiff Way) voiced their objections to the Board of Supervisors about the SUP. These residents gathered support among other residents and organized an Aug. 1 meeting with Anthem, SunCal, Verizon, and County Officials. This meeting was held at Fredericks’s home and more than 75 residents attended.

Other attendees at the Aug. 1 meeting were Sean Hughes of Anthem, Andy Wagner of SunCal and current HOA President, Eddie Byrne, formerly of SunCal and past HOA President, Scott Meyer of the Prince William County Planning Office, and Frank Principi, Woodbridge District Supervisor for the County Board of Supervisors. Maureen Caddigan, Potomac District Supervisor for the County Board of Supervisors, was invited to the meeting but did not attend.

Principi, in an e-mail to Cahaelen, said that he would like “to form a small resident group to meet . . . with Anthem, Verizon, and SunCal” during this 30 day deferral period.



Megan, Dylan, and Brayden Beasley of Glouster Pointe Drive know how to stay cool on even the hottest days.

Rollout of New Resident Website: www.PotomacShoresResidents.com

By Michelle Wilson

The Communications Committee is proud to announce the launch of our new resident website, www.PotomacShoresResidents.com, that will become a one-stop location for all information related to living at Potomac Shores.

The new website will include a forum for resident participation, home owner documents such as HOA minutes of meetings, guidelines from the Architectural Review Board (ARB), operating rules for the swimming pool and fitness center; future and past issues of The Front Porch, and a calendar that can be used to reserve amenities available to residents of Potomac Shores.

As the site is for resident use only, all new visitors will be required to register in order to view the site content. To access the site, please go to www.PotomacShoresResidents.com, and click on the "Register" button. This will allow you to choose a user name, password, and input basic information. Your username cannot be changed after registration, so please choose wisely! Once this information is submitted, it will be reviewed to confirm that you are a Potomac Shores resident. This information will be checked against the information you provided to the HOA as a part of the Shores Club registration process. Once you are confirmed as a resident, you will be approved to use the site.

Although not yet available, the website will have a booking calendar for the various amenities in the community. The calendar will allow residents to check the availability of community spaces and book the available spaces for private use, and to check the availability for private use.

Other information on the site will be announcements from the HOA and the various resident committees, a calendar of important events, and an application form for Requests to the ARB for property improvements. Currently, many residents participate in NextDoor and ViewPointes at Yahoo, our new website will have a similar forum for all residents to participate in. This forum will allow all residents to communicate freely with each other on any topic, and its content will be available for new residents to see previous conversations.

Any and all feedback on the website is appreciated, as well as any volunteers that may want to help generate site content or assist with the maintenance of the site. Please direct any questions, comments, concerns, or interests to CommunicationsPotomacShores@gmail.com.

Fitness Barn- Open For Business

The Fitness Barn is now open for business!! This beautiful space is included in your HOA Fees so you can use it at no cost! The barn is open weekdays from 6:00 AM to 9:00 PM and weekends from 7:00 AM to 7:00 PM. Please inquire at the front desk for off-hours access and to obtain your photo access card. Listed below is an overview of the Fitness Barn Rules for your reference:

- 1--All users must swipe their key card for entry.
- 2--Residents under 16 years of age are permitted but must be under adult supervision at all times while using the facility.
- 3--Non-Resident Guests are admitted for a \$5 fee payable at the front desk. Maximum of 2 guests at any time per household will be permitted and will be limited to two instances per month.
- 4--Proper Fitness Attire must be worn to include closed toe shoes.



- 5--Please wipe equipment and adjacent floor area after use. Sanitizing wipes are available throughout the facility for this purpose.
- 6--Please be courteous of others waiting to use the equipment during periods of peak use and observe the 30 minute time limit.
- 7--Please return all equipment to its proper storage location (i.e. weights, medicine balls, mats).
- 8--The Virtual Trainer room (movement studio) is available on a first come first serve basis.

Complete Rules and Regulations are available at the Fitness Barn and also on the community website.



Preston Kirkbride of Glouster Pointe Drive attended the Grand Opening of the Pool on June 25.

Lost... And Finally Found

My name is Kerri Pagel and I live on Takeaway Lane. You may not know me by name, but you may know me as the lady who lost a dog over the Fourth of July holiday. My family was dog sitting for friends when the dog bolted from our house and out into the neighborhood. We were panicked! That's when our neighborhood showed its true colors.

Friends and strangers joined in the search on foot, by bike, and by car. Posts were made to NextDoor and Facebook and the word spread quickly! We received reports of sightings over the next three days and continued searching with help from many of you. The dog finally came back to our porch on Monday, July 4.

We want to thank all of you who helped in the search and also to share what a wonderful community Potomac Shores is. It was amazing to know that we had so many on the lookout for Remi until she was safe and sound. I can't thank you all by name but know that we are proud to call you all our neighbors!!

The Front Porch Community Newsletter

The Front Porch is a quarterly newsletter prepared by the Resident members of the Communications Committee: Kerri Pagel, Chairperson; Tiffany Alm, Jennifer Brande, Mark Chin, Melissa Hopkins, Alan Knapp, Michelle Wilson, and Dianne Skinner, Community Coordinator.

Publication dates are August 15, November 15, February 15, and May 15. News articles, opinion pieces, and photos for possible publication are due no later than the first day of the month of publication and should be emailed to communicationspotomacshores@gmail.com.

Reserving and Renting Rooms at the Social Barn Which Opened on August 8

By Dianne Skinner

The next phase of construction at The Shores Club came to a close when the Social Barn opened on August 8. The Social Barn has three multi-purpose rooms— a great room, a game room, and a kitchen with seated dining space -- and the on-site management office.

The great room has a vaulted ceiling, a large fireplace with a beautiful stone hearth, a large flat-screen TV, and plenty of comfortable seating. The game room has two game tables—perfect for playing bridge, Scrabble, Mahjong or any family fun game. The kitchen is designed for cooking classes and demonstrations or for dinner parties.

To either reserve or rent a room at the Social Barn, there will be a booking calendar on the new resident website, www.PotomacShoresResidents.com. Until that website is fully operational, reservations are being handled through the management office by emailing shoresclubreservations@gmail.com or calling 703 640-3972.

A full list of rules and the Room Reservation Application and Contract for the Social Barn is available on the Verizon Concierge website and at the management office. These documents will soon be available at www.PotomacShoresResidents.com. However, some of the basic eligibility requirements and rules are as follows:

1-- All Members of the Association (or their designated resident/tenants), are entitled to use the Social Barn Amenities, pool, and Fitness Barn. This privilege may be suspended by the Board of Directors for Members who are at least 60 days delinquent in their assessment payments.

2-- Permanent Household Residents are eligible to use the Social Barn facilities, and must adhere to all policies. Proof of residency is required.

3-- Guests must be escorted by a Member with a valid security pass who is 16 years of age or older. Guests will not be admitted to the Social Barn without such escort. The conduct of guests is the responsibility of the Member.

4-- There will be a maximum number of persons based on the posted occupancy load of the Social Barn and each individual area within the Social Barn, as specified.

5-- Residents are advised and are responsible for advising their guests that video surveillance will be in use throughout the facility.

6-- The use of the Social Barn is available to residents on a reservation and rental basis.

7-- A reservation is defined as a designated area or areas reserved for a Member but will not limit use of the area to other Members at the specified date and time. A reservation does not require a fee but may require a damage security deposit as determined by the Association.

8-- A rental is defined as a designated area or areas reserved for a Member and their guests on an exclusive use basis for the date and time specified on an application for such use. A rental does require a fee and a security deposit determined by the Board of Directors. A rental will guarantee the space is available for the exclusive use of the Member and their guests for the date and time specified on the rental application and approved by the Association.

9-- Residents reserving room space are responsible for clean-up and leaving the room in the condition it was found.



Volunteers Needed to Organize Swim Team for Next Year

Are you interested in a swim team at Potomac Shores? Preparations are starting now for the possibility of Potomac Shores having a team in 2017. Currently, many swimmers from Potomac Shores already participate in the Southbridge Seals swim team. We would like to start our own team; so, please reach out to Dianne Skinner at dskinner@cmc-management.com if you, or someone you know, has experience organizing a swim team. We need your help!

Shores Kids Club to Offer Engineering & Etiquette Classes

The Shores Kids Club is offering three “Engineering for Kids” workshops and two Etiquette Classes during the month of August. Kids must be between the ages of 4 and 14 and must sign up at either www.iclassprov2.com/parentportal/pwc/classes or www.etiquettebycachet.com.



The first engineering class is on Aug. 13 from 10 -11:30 am and is entitled “Robotics Engineering: Sumo Bots.” The next class is on Aug. 20 from 10-11:30 am and is entitled “Mechanical Engineering: Candy Catapults” where kids will learn how and why catapults were created. The last engineering class for August will be on the 27th from 10-11:30 am and is entitled “Chemical Engineering: Lift Off!” and kids will design aerodynamic body gear. Each class costs \$15 per child.

The Etiquette Classes will be held on Aug. 20 and 27 in the Social Barn Kitchen from 2-3 pm.

To find out more about these events, interested residents should contact Kelly Whitzel, Activities Director, at 703 640-3967 or potomacshoresactivities.com.



Ground Breaking Ceremony for New Elementary School

By Alan Knapp

Residents, county and school board dignitaries, and future students took part in the groundbreaking ceremonies for the new "Potomac Shores" Elementary School on May 23, 2016. The new school will be located at 2500 River Heritage Boulevard near the main entrance of our community. The school, yet to be officially named, is scheduled to open for the 2017-2018 school year.

Comprising over 21 acres, including four playground areas and one baseball field, the school will be next to the new Ali Krieger Sports Complex. The main building will be 101,288 square feet and provides a capacity for over 850 students in grades K-5. The school will have 39 classrooms, a computer lab, art room, music room, strings room, science lab, and story room. It will also have a cafeteria and a large multi-purpose room designed for dining, physical education activities, and large group assemblies; and a smaller multi-purpose room for physical education classes, small group activities, and community meetings.

The school is designated as a Leadership in Energy and Environmental Design (LEED) certified building. Its special features include a technology infrastructure for a building-wide wireless data network and classrooms wired for interactive instruction. Security features for the school include intrusion detection and camera monitoring.

Present at the groundbreaking and those giving remarks were Superintendent of Prince William County Schools, Dr. Steven Walts; Virginia House of Delegates Representatives, Mark Dudenhefer and Rich Anderson; Prince William County Board of Supervisor -- Potomac District Supervisor, Maureen Caddigan; and Prince William County School Board -- Potomac District Representative, Justin Wilk. Also present was the newly named principal of the new school, Ronald Whitten, who is currently finishing as principal at Leesylvania Elementary School.



Rendering of the new elementary school located at 2500 River Heritage Boulevard.



Dignitaries and special guests present for the groundbreaking ceremony.

History and Future Plans for PSWWS

By Jean Wertman

One October evening in 2014, a group of neighbors were attending a block party when it was decided that the women needed to get together for some wine and conversation. The following month the first Potomac Shores Women Wine Society gathering occurred. Since then and about every other month thereafter, the women of Potomac Shores have gathered to share some wine and get to know each other better.

Different women throughout the community host the gatherings and with each meeting we try to learn something new about wine. At a two of the meetings, we explored the wines of different countries—Italy, France, Germany, Argentina, Spain, Chile, etc. At our last meeting, we began learning how to pair wines with different foods.

The get-togethers start at 6:30 pm and everyone brings either something to eat or wine to drink. We laugh, talk and share a few moments of our lives together.

The next gathering will be in September or the first weekend in October. The last gathering for 2016 will be in November. In the past, invitational flyers were hand delivered to every home in Potomac Shore; however, for all future gatherings, notices will be sent electronically via the Yahoo group, NextDoor, the wine society email list, and PotomacShoresResidents.com. When the electronic flyer comes out, please share with your neighbors especially those that have just moved in.

If you would like to be added to the email list, have any questions or would like to host a gathering, please email: potomacshoreswomenswinesociety@yahoo.com.



Neighborhood Parties Provide Opportunity for Fun and Great Memories

THE POINTE by Peggy James

Since my husband and I moved to Flatstick Court in December 2015, we have remarked on what a great group of neighbors we have. We love the fact that everyone is open to meeting new people and creating a fun and happy lifestyle. We have been invited to so many gatherings: birthday parties, a Hanukkah party, an impromptu snow storm party, and front porch happy hours are the norm here on Flatstick.

The best street party event, so far, has been our Kentucky Derby Party. Kristi Wilder organized the party with help from other neighbors. She requested everyone wear hats and appropriate Derby attire and the Wilders moved their television to the front porch so that everyone could watch the race.

There were games, Mint Juleps and

other spirits, and Derby themed Pot Luck dishes—lots of bourbon-glazed meats and vegetables. Everyone found recipes for Southern dishes that might be served at a Derby Party, including Derby Cake, Derby Pie, and Fresh Strawberry Shortcake.

Everyone had a lot of fun and making memories has become a tradition to uphold.

THE SHORES by Melissa Hopkins

Our neighborhood (Silver Arrow Drive and five houses on Potomac River Blvd) has had two pot luck dinners. The first was at my house in August 2015 and neighbors were supposed to bring dishes (appetizers, salads, side dishes, main dishes, and desserts) according to their last name. Who knew that almost everyone who attended would bring a main dish because their last name began with H, I, J, K, L, M, or N? I guess it could have been worse: we

could have had nothing but baked beans and broccoli casserole.

Our second party was on Memorial Day weekend and this time neighbors were assigned dishes based on the color of their house which resulted in a more even distribution of food types. This party was at the end of Silver Arrow because construction was almost complete in our cul de sac. A big thanks goes to Matt Legg for providing music.

We are tentatively planning a Shores Party to celebrate Veteran's Day.

THE COVE, FAIRWAYS, AND OVERLOOK
Tell us about your neighborhood parties.

What Does Tidewater Style Mean and How Have the Design Guidelines Interpreted this Style?

By Melissa Hopkins

There are many architectural styles for homes that most people can readily identify: Colonial, Tudor, Modern, Ranch, Split-level, Victorian and Cape Cod. These homes have specific looks and design elements but what, exactly, is Tidewater Style. How has the real estate developer of Potomac Shores (SunCal) interpreted this style?

A review of the "Approved Potomac Shores Master Design Guidelines, 4-26-2013," and the "Final Northern Neighborhood Development Standards, Book II," reveals SunCal's vision and design objectives for our community.

From a geographical perspective, the Tidewater region is generally considered to be coastal areas of Virginia, Maryland, North Carolina, and South Carolina. Historically, the architecture that developed in these areas about 200 years ago was a result of weather conditions, locally available materials, and skill of the area's carpenters and craftsmen. The hot climate brought about the need for porches that offered shade for interior rooms and access to coastal breezes. Therefore, porches are considered a signature element of the Tidewater home. Masonry buildings that were common in many areas north of the Tidewater area were typically only for the wealthiest families in the Tidewater. Therefore, most Tidewater homes were of wood construction. Because highly skilled craftsmen and carpenters were not available, home design was of simple rectangular forms with exaggerated steep roof pitches and well-balanced elements such as windows and doors.

All of the homes in Potomac Shores have porches that are single-bay, full-width, wraparound, or stacked. According to Book II, porches are to be a minimum of eight feet by ten feet and steps leading to the porches are to be 42" wide at a minimum. Porch columns are to be "substantial, with round or square profiles . . . and have defined capitals and bases."

The Architecture Guidelines in Book II promotes the idea of simple roof forms with front-facing and/or side-facing gables. Roof types can be gambrel, hip, and shed. If a home has front façade dormers, the individual dormers should align with façade openings below. Dormer windows should therefore be smaller than façade windows to account for the additional dormer mass.

"Garages on lots less than 60' in width shall be set back from the entry facade ... a minimum of five (5) feet" according to Book II.

The side facades or secondary facades of homes in Potomac Shores should have windows of the same size as that of the front façade and should align with each other. Otherwise, the effect is disjointed and unbalanced and the Tidewater style is all about balance and simplicity.

This is by no means a complete review of all the architectural guidelines that Sun-Cal chose for our community. For further details, the Verizon Concierge website has the planning documents in its library. These same documents will soon be available on our new community website, www.potomacshoresresidents.com.

In the next issue of The Front Porch, the vision for the private and public areas of our landscape will be discussed.



Kristi Wilder of Flatstick Court organized The Pointe's Derby Party.



Kurt & Lynette Bodiford of Gullwing Drive were among the revelers for the Derby Party.

Adams and Cruz Win First Annual Potomac Shores 5K Run

By Melissa Hopkins

Will Adams of Twin Six Lane was the Men's Division winner of the First Annual Potomac Shores 5K Run held on Saturday, June 25, with a time of 22:48. Yellixa Cruz of Twin Six Lane was the Women's Division winner with a time of 31:23. Second place winners were Bob Warr of Twin Six Lane and Rose Marie McRoberts of Gullwing Drive.

After a warm-up session led by Social Committee member Dawn Bolden and her daughter, Chelsea Bolden of Potomac River Boulevard, the race began at 8 am at the Intersection of River Heritage Boulevard and River Ridge Road. Twelve people participated the 5K Run and three participated the 2K Walk. The youngest participants, and winners of the 2K, were Ava Guilford of Gullwing Drive and Zoie Eidinger of Gloucester Pointe Drive, ages 4 and 5, respectively.

After the race, participants and volunteer workers gathered at The Tidewater Grill for breakfast burritos, home fries, coffee and juice served by Chef Nelson Marmol and Veronica Pina. Social Committee Chairperson, Andy Weedon of Belle Isle Drive awarded the first and second place winners with gift certificates to The Tidewater Grill. He

thanked SunCal, NV/Ryan, and The Tidewater Grill for their support. SunCal helped with the t-shirt purchase; NV/Ryan donated water for the runners; and Patrick Boucher, General Manager of the Potomac Shores Golf Club, donated the gift certificates.

Weedon said that the race will become an annual event for Potomac Shores' residents and hoped that participation will grow as the community grows and more people become aware of the event. He also acknowledged the hard work and many contributions of Dawn Bolden and Gary Hopkins of Silver Arrow Drive. "Dawn really set the stage with some of her early ideas," and then Weedon continued, "but

in the end it was Gary that picked up all the pieces and put it together. We wouldn't have had an event without Gary—registration, t-shirts, race packets, etc."

Other participants in the race/walk were John and Marj Adams of Twin Six Lane and their children, Jacob and Victoria; William Guilford of Gullwing Drive; Patrice and Josie Pean of Takeaway Lane; and Martin Simon of Takeaway Lane.

Volunteers for the event were Sid Sher, Debbie Adams, and Gary and Melissa Hopkins, all of Silver Arrow Drive; Josh Pagel, Trails Committee Chairperson, of Takeaway Lane; and Kevin Curry of Belle Isle.



Runners (L to R): Martin Simon, Bob Warr, Patrice and Josie Pean, Rose Marie McRoberts, Yellixa Cruz, Jacob Adams, Will Adams, Marj Adams, Victoria Adams, and John Adams.

Sept. 15 Golf Event to Benefit JP the Great High School

Potomac Shores Golf Club will host "Golfing With Wolves," a tournament benefiting John Paul the Great High School on Thursday, Sept. 15 at 11 am. The tournament is a Florida Scramble (best ball played).

The cost for is \$550 for a foursome and \$150 for an individual. It includes greens fees, cart, box lunch, buffet dinner, and prizes.

Registration deadline is Sept. 1. To register go to www.jpthegreat.org/support.jp/golf.tournament.



Will Adams Wins Men's 5K



Yellixa Cruz Wins Women's 5K



Activities Director

My name is Kelly Plaza Whitzel and I am thrilled to join the Potomac Shores Community as the Activities Director. I am a proud mother of three: the two oldest are in college and the youngest is a senior in high school. My husband retired from the military after serving 26 years in the Air Force and we have been living in Virginia for almost 13 years. We enjoy spending time with our kids, our Golden Retriever, and friends and family. One of our greatest passions is traveling and experiencing new places and cuisines.

While attending law school in La Paz Bolivia, I worked as a schoolteacher and developed a passion for teaching that continued when I moved to the United States. In my many jobs, I have planned annual events such as summer camps, Triathlons, fall festivals, and graduations for families and their children. I might also add that my house is known in our neighborhood as the "Whitzel Party House" because of the numerous activities and parties we host with family and friends!

I am very excited to put all my efforts and experiences to benefit The Potomac Shores Community. My goal is to bring together families in the community through fun events and activities throughout the year. I look forward to meeting everyone!

Late Night Swim and Ice Cream Social

By Dawn Bolden

Summer is almost over but the fun doesn't have to end. Come meet your neighbors for a Late Night Swim and Ice Cream Social on Friday, Aug. 19, from 8-10 pm. The Social Committee is sponsoring this free event and will provide delicious sweetFrog soft-serve frozen yogurt. You pick the flavors; you add toppings; and, you add the "Fun" your way!

See you there. It's the Summer Fun Night event that celebrates our community residents!



Lawn Sprinklers- Tips And Tricks

By Kerri Pagel

With the heat of summer upon us, lawns in the Northern Virginia area can quickly become distressed without sufficient watering. However, the thought of dragging hoses and sprinklers around your yard can be enough to make you throw in the towel!! Automatic sprinkler systems are a great option to alleviate the stress on both you and your lawn in order to keep it healthy throughout the summer. In the long run, the cost of a system can be partially offset by water savings. Below are a few tips for optimum results.

Water 1 to 1 ½ inches each week, (20% more during periods of extreme heat). Water deeply every 2 to 3 days to provide the recommended amount of water. Place a straight sided can (such as tuna can) on your lawn to measure how much water your system is delivering during a watering cycle. Adjust the cycle time to deliver ½ to ¾ inch of water per watering session. Excessive watering is not able to be absorbed by the soil and is lost to run-off-- your dollars literally down the drain!

Deep watering encourages deep root growth for your grass which helps it become more heat/drought tolerant, and also discourages weeds which typically have shallow root systems and will spring up if you water briefly but frequently.

Set your sprinkler system to run between 4:00 AM and 9:00 AM so that water can dry completely from the grass blades and prevent turf grass fungal diseases. Late evening or overnight watering will promote fungal infections. Mid-day watering is also not recommended as it can burn the grass blades and most of the water is lost to evaporation.

A little planning goes a long way toward developing a healthy lawn and stretching your water budget.

Fall Garage Sale Planned for Oct. 1

Clean out your basement and garage and make some money! The Social Committee and Communications Committee will advertise to the public a Communitywide Garage Sale to be held on Saturday, Oct. 1 from 8 am to 12 noon. Remember "what is one man's trash is another man's treasure." What treasures do you have to sell?



Fitness Barn Contracts Trainers for New Classes

The Fitness Barn is offering a variety of exercise and movement classes that residents can join for an additional fee. Thus far, four instructors have been contracted to offer classes: Amy Tuthill, Cookie Bell, Emily Torres and Kris Musselman.

Amy Tuthill of Takeaway Lane will teach TRX classes on Aug. 19, 20, 26, and 27. These 45 minute classes start at 9 am and 10 am. Amy has been a fitness instructor since 2009 and holds group exercise certifications in TRX, Tabata Bootcamp, and Body Pump from the American Fitness Aerobic Association. Amy has a Bachelor of Science degree in Health, Fitness and Recreation, with a minor in Exercise Science.

Cookie Bell will teach ballroom dancing in the movement studio on Aug. 12, 19, and 26 from 7:30 – 8:30 pm. Cookie is a Fred Astaire Studio certified ballroom dance instructor with 25 years of experience teaching ballroom and social dance in this area. Couples as well as singles are invited to participate

Emily Torres will teach Zumba but the dates and times have not been determined. Emily is a salsa dancer who took her first Zumba class in the Fall of 2010; her passion for fitness and dance led her to become licensed to teach Zumba in September 2012.

Kris Musselman is a personal trainer and will teach an Abs Class every Saturday from 8 – 9 am and Mondays from 6:30 – 7:30 pm. Kris has over 20 years of experience as a personal trainer and has trained people of all ages and fitness levels, including professional and collegiate athletes.

To learn more about class schedules and instructor fees, interested residents should contact Kelly Whitzel, Activities Director, at 703 640-3967 or potomacshoresactivities@gmail.com.



DESTINATION *for a* LIFETIME

2175 Potomac River Blvd.
Potomac Shores, VA 22026

Social Committee Plans Ice Cream Social, Movie Night, and Football Watch Party

By Andy Weedon

The Social Committee has planned several events for residents to enjoy over the next few months. Coming up very quickly is a “Late Night Swim & Ice Cream Social” planned for Friday, Aug. 19 from 8-10 pm. Then on Saturday, Aug. 27, we are having “Movie Night” at 8:45 pm on the Shores Club event lawn. The movie has not been selected yet but it will be family-friendly. Both of these events are free.

The next event the Social Committee has planned is a “Football Watch Party”

for the Redskins opening game against the Pittsburg Stealers (intentional misspelling) on Monday, Sept. 12 at The Tidewater Grill. With kick-off slated for 7:10 pm, watchers should plan to be at The Tidewater by 6:30 pm to get a good seat. There will be a small charge for the world class munchies and drinks are on you. The Tidewater will stay open till possibly the end of the first half.

On Oct. 1, we will have a community-wide yard sale from 8am to noon. We decided to set a date for this event because it

always seems to come up at the last minute on the Yahoo site, ViewPointes. We hope this date is convenient for everyone.

Other October events include Chili Cook-Off Contest at our First Annual Fall Festival and Oktoberfest scheduled for Sunday, Oct. 9 and a Doggie Parade Show on Oct. 22. In November, we are planning a Sunday Munch Pot Luck Dinner on Nov. 6 and two Cooking Demonstrations to be given by Williams Sonoma on Nov. 12 and 19.

Trails Committee Encourages Residents to Check-Out Trails

By Josh Pagel

Many residents have already walked the trails, and the Trails Committee would like to encourage those that haven't to get out there and check them out. Whether walking, hiking, or running, the beautiful scenery and quiet solitude creates the atmosphere of being in a National Park and it is easy to forget that you are just minutes from your everyday life.

SunCal has one more bridge to

complete and a few short segments to address because they are frequently muddy. Nevertheless, the Committee is collecting ideas for trail activities and events such as: i) regularly scheduled community walks/ fun runs; ii) kids hikes to collect stamps or 'rewards' along the trail thereby encouraging children to get outdoors and explore nature, iii) after dark glow runs with glow sticks; and, iv) quarterly clean-

up/maintenance events to keep our trails looking wonderful.

The committee has not yet set a time for regular meetings, but will update the community when that happens. All are welcome to attend and all ideas are welcome to be discussed.

The Committee's email address is trailspotomacshores@gmail.com.