

# The Fairfield Oak

[www.fairfieldcivic.org](http://www.fairfieldcivic.org)

H E W L E T T - P A C K A R D C O M P A N Y

## P R E S I D E N T ' S M E S S A G E

### SPECIAL POINTS OF INTEREST:

- Meet the Candidates Night
- Fairfield Townhouses
- Sidewalks
- New Slate of Board officers needed
- Garden Club
- Next Civic League meeting 8 October

### C O N T E N T S

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Dear Neighbors,

The long, hot summer is finally behind us. With the more pleasant weather, comes the start of the Fairfield Civic League activities. Please join us on 8 October 2012 at our "Meet the Candidates Night." The meeting will begin at 7PM in the Fairfield Elementary School Cafeteria. We have Council Representatives Bobby Dyer and Rose Mary Wilson scheduled to speak with us. Candidate Bill Dale and several others have also been invited to attend. The Fairfield neighborhood has a very high voter participation rate and we are doing what we can to help our neighbors make informed decisions. I encourage you to attend the October meeting.

In upcoming meetings we will be discussing the inclusion of the Fairfield townhouses, on Lord Dunmore, as part of the civic league. When we first re-organized the civic league, we were told the townhouses had their own association. It turns out there is no association and we would like to extend an invitation to our neighbors

across Lord Dunmore Drive to join us. Issues that affect the residents in the single family homes, also affect the townhouse residents.

We will have guest speakers coming to talk with us about the upcoming Lord Dunmore and Fairfield Boulevard sidewalk and possible traffic calming measure in the neighborhood.

We also need to develop a slate of new officers for the Board of Directors. Steve Mannix, David Hutton and I have served the community for approximately 10 years. It is time for a new generation of civic leaders to step forward. The current board will serve until the end of this season, but after that it is up to you to carry on the good work. The Fairfield Civic League has proven to be a very influential civic league in Kempsville and it can only remain that way with your efforts.

Two last quick items. First, the Garden Club will be holding their Fall Plant Sale on October 13<sup>th</sup>, from 8 AM -



Historic Fairfield Oak Tree

4PM. It is under the Fairfield Oak on Locke Lane. The Garden Club keeps our entrances looking good and this sale is one of their two annual fund raisers. Finally, please join the Civic League in October. Membership is still only \$12 a year. We have added expenses now that we have to carry insurance and pay for mailing of this newsletter.

Sincerely,

Doug McLiverty

President Fairfield Civic League

**FAIRFIELD CIVIC LEAGUE – EXECUTIVE BOARD**

President	Doug McLiverty	doug@fairfieldcivic.org
First Vice President	Stephen Mannix	steve@fairfieldcivic.org
Second Vice President	VACANT	
Recording Secretary	Kathy Donovan	KathyDonovan@rocketmail.com
Secretary	John McClain	gonetothedogs@mac.com
Treasurer	David Hutton	dave@fairfieldcivic.org
Webmaster	Kevin Johnson	webmaster@fairfieldcivic.org
Neighborhood Watch	Barb Conyers/Betty Virok	FairfieldCL.NW@gmail.com
Traffic	Steve Mannix	steve@fairfieldcivic.org
Newsletter	Jim Donovan	Jim_Donovan53@yahoo.com

**2012 / 13 SCHEDULE**

*The Fairfield  
Civic League  
meets at  
Fairfield  
Elementary  
School at 7  
P.M. in the  
cafeteria.*

October 8  
November 19  
January 14  
February 11  
March 11  
May 13  
June 10

\*\*Please consider joining our Board of Directors. Several positions are available and some members are due for a well deserved break. Even if you'd like to just help out; we can use your support. \*\*

**HELPFUL NUMBERS**

Police Emergency	911	Kempsville Rec Center	474-8492
Police Non-Emergency	385-5000	Miss Utility	1-800-552-7001
Fourth Precinct	385-2800	Dominion VA Power	1-888-667-3000
Animal Control	385-4444	Virginia Natural Gas	1-866-229-3578
Waste Management	385-4650	Mosquito Control, Flooding and Drainage issues, Potholes and Burned Out Street Lights.	385-1470
Kempsville Library	385-2628		



Old Kemps Landing School

## ***New Construction and New Tenants Grace Fairfield Shopping Center***

Starbucks, Cellular Sales, and koSama Fitness have leased space at Fairfield Shopping Center! Construction has begun and Grand Openings will be held in September and October!

Starbucks and Cellular Sales will occupy the 5,600 square foot outparcel building on Providence Road (the former Doctors on Call) while koSama Fitness will occupy 5,306 square feet along the Kempsville Road side (the former Blockbuster store). Welcome!

Starbucks will include a drive through and outdoor seating. Cellular Sales of Virginia, d/b/a Verizon is a regional retailer with 26 stores in Virginia and operates under the auspices of parent company, Cellular Sales of Knoxville, Inc, which operates 499 stores in the United States, rendering them the largest Verizon dealer in the country.

koSama – A Complete Body Transformation is an independent division of Snap Fitness. koSama offers group training classes wherein new participants join an eight week program guaranteed to achieve results through class participation and individualized menu planning. Following the course of initial training, individualized for each participant to achieve maximum results, members continue with monthly maintenance programs.

**\*\*\*\*\*Saturday, October 27, from 3-5pm - Fairfield Shopping Center hosts Halloween Spooktacular. The event is free to all and will feature free food, DJ, costume contests, hayrides, and safe trick or treating throughout the center!\*\*\*\*\***



**U.S. Cellular**



### **A MESSAGE FROM THE EDITOR**

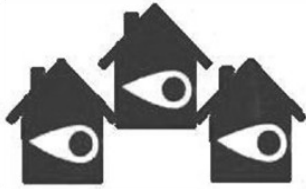
Welcome to the Fall 2012 edition of the **Fairfield Oak**, a newsletter for the Fairfield Civic League and community. If you have suggestions or wish to have an article included please contact me at Jim\_Donovan53@yahoo.com.

Our format is limited to black and white due to restrictions imposed by our printer. In future editions we hope to include Fairfield Historic information; letters from residents; and advertisements for residents and local businesses.

Thanks to everyone who submitted articles and announcements for this edition of the **Fairfield Oak**.

*All the best, Jim*

## ***The Fairfield Civic League Neighborhood Watch Program Needs YOU!!!***



Please support this valuable program of community concern, awareness and communication. The concept is simple... ***BE ALERT*** to things happening on your street and ***WATCH FOR THE UNUSUAL***. If you suspect **anything** out of the ordinary— **call the police** at 385-5000 (non-emergency phone number).

### **WHAT CAN YOU DO TO HELP?**

We are asking for the support of all of our Fairfield neighbors. There are three areas in which you can participate:

**WATCHERS**: Secure your property, keep an eye on your neighbors' homes and report any suspicious activity.

**BLOCK CAPTAINS**: Block Captains explain the Neighborhood Watch Program to their neighbors and enroll them in the program. Block Captains are willing to disseminate information to their neighbors when the Sector Coordinator informs them of a situation in our neighborhood. This can be done by e-mail, phone or face-to-face.

**COORDINATORS**: There is one Coordinator for each sector of Fairfield (there are 5 sectors in Fairfield). The Coordinators are the point of contact for the Virginia Beach Police Department Crime Prevention Officer. When information concerning a crime, suspicious activity or emergency situation is received from VBPD, the Coordinators forward the information to the Block Captains for further dissemination.

To sign up, please visit the Fairfield Civic League website Neighborhood Watch Page at:

***<http://www.fairfieldcivic.org/neighborhood-watch.html>***

Simply fill in the information requested and submit the form. You will then be added to the roster of residents committed to keeping Fairfield safe!

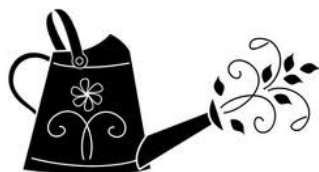
### **Other Safety Tips:**

- Ask a neighbor to keep an eye on your home if you go out of town.
- Cut bushes and trees away from doors and windows.
- Stop mail and newspaper deliveries when you go out of town.
- Lock your cars and keep valuables out of sight.

**Currently, the #1 crime problem in Fairfield is the theft of valuables from unlocked cars. It is one of the easiest problems to remedy... LOCK YOUR CARS!!!**

- Make sure your doors and windows are locked before going out or to bed.
- Consider outside lighting, especially near doors.

Even if you do not wish to be part of the Fairfield Neighborhood Watch Program, please keep your property secure and the Virginia Beach Police Department non-emergency number **(385-5000)** handy.



# Fairfield Garden Club

**SALE INFO:**

Fairfield Garden Club's FALL PLANT SALE is Saturday, October 13, 2012 from 8AM - 4PM. Shop the beauty of the fall season with mums and pansies on sale under the old oak tree (5244 Locke Lane). For more information contact Marie Powell at 523-6648, [iontchr@cox.net](mailto:iontchr@cox.net)

**GENERAL INFO:**

The Fairfield Garden Club was established in 1972 and celebrates its 40th anniversary this year. Its website is: <https://sites.google.com/site/fairfieldgardenclubva/home>

\*All are welcome to join

\*\$25 annual dues

\*Meetings are: \*Sept. through May on the second Tuesday \*at Emmanuel Episcopal Church  
\*9:30 AM gather, 10 AM program and 11 AM meeting

Profit from two plant sales/year supports: \*Maintenance of three medians (Fairfield Blvd, Locke Lane, Lord Dunmore) at a cost of \$3,500+/year. \*Insurance for the brick subdivision entrance signs at Fairfield Blvd and Locke Lane at a cost of \$375/year.

**PROGRAM INFO:**

Join us for outstanding programs in 2012-2013:

October 9: *Garden Rooms* with Jane Cantin, Landscape Architect and Garden Designer, The Pilot

November 13: *Anderson's Home and Garden Showplace*, Newport News, bus at 10 am (paid event, if interested, prior contact is needed)

January 8: *The Evolution of the Garden* with Linda Boyer

February 12: *Herbs: Propagation, Growing, Uses including Culinary* with Pat Betcher

March 12: *Garden Bees* with Pamela Fisher, Beekeepers' Guild

**MEMBERSHIP INFO:**

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_

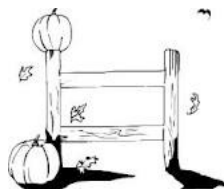
Dues: \$25.00 (check #) \_\_\_\_\_

Areas of Interest: Please check all that apply:

- |   |                                    |  |  |
|---|------------------------------------|--|--|
| <input type="checkbox"/> Flower Arranging | <input type="checkbox"/> Gardening | <input type="checkbox"/> Yard of the Month | <input type="checkbox"/> Exhibit/Judging |
| <input type="checkbox"/> Ways & Means     | <input type="checkbox"/> Yearbook  | <input type="checkbox"/> Scrapbook Page    |  |

Please list topics you would be interested in having speakers address at the meetings.

Mail to:  
Kathy Schwarz  
505 Vestry Court  
Virginia Beach, VA 23464





## KOSAMA OPENS IN VIRGINIA BEACH OCTOBER 1<sup>ST</sup> LOOKING FOR 50 VOLUNTEERS TO PARTICIPATE IN A 4 WEEK FITNESS STUDY

What is Kosama: Kosama is a unique group training program designed to accommodate all fitness levels in a team like atmosphere. This 8 week body transformation program integrates muscle confusion, nutrition, consultation and MYZONE heart zone training with a money back results guarantee. Classes incorporate kettle bells, heavy bags, weighted bars and TRX training.

### Fitness Study Volunteer Requirements:

Not currently exercising regularly

Agree to complete 3 classes per week for 4 weeks

Volunteers must complete a brief fitness assessment prior to and at the conclusion of study

Volunteers will complete a meal plan & nutritional assessment and be willing to make daily dietary changes

A \$50 totally refundable deposit is returned upon completion of the 4 week program and return of MYZONE Heart Rate belt.

Volunteers must be at least 21 years of age

Volunteers will agree to train with a heart zone training monitor that is provided free of charge

*Individual results will be kept confidential, group results will be used for marketing purposes. Contact Dana Howell GM, of Kosama, at 757-214-0355 or e-mail [virginia-beach@kosama.com](mailto:virginia-beach@kosama.com)*

*Must register by **October 15<sup>th</sup>**, fitness study limited to first 50 people that register. There is no obligation to join.*

5208 Fairfield Shopping Center  
Virginia Beach, VA 23456  
757.214.0355

## ***Walking - The Easiest Exercise There Is***

Walking regularly can help protect the brain against memory loss. It can also help to reduce the chance of developing Type 2 diabetes and cut the risks of heart disease. Below are some helpful hints before you start your walking program: As with all exercise programs, seek the advice of your health care professional.

1. Get a good pair of shoes Get one with a flexible sole and an adequate cushion for your feet?
2. Start with short distances or time periods - five to ten minutes at a time. Slowly increase your time by a couple of minutes every two weeks.
3. Warm up with 5 minutes of slow walking, then walk briskly, then cool down with five minutes at a slower pace.
4. Break it up, if our goal is 30 minutes, try a 15-minute walk twice a day. Or break it into three 10-minute walks.
5. Wear a pedometer. Taking 5,000 steps or fewer daily is considered sedentary. Work your way up to 10,000 steps, which is considered active.
6. Walk the mall if you can't walk outside in your neighborhood. If you can afford it, get a tread mill.
7. Keep track of your time an distance walked each day. Keeping a daily log lets you see your progress and keeps you motivated.

Walking - The Easiest Exercise There Is



**Fairfield Civic League  
664 Rosaer Lane  
Virginia Beach, VA 23464**

## **Fairfield Civic League Membership**

**\*\*\*Annual Membership Fee of \$12 is submitted each October\*\*\*  
Time to renew your FCL Membership Or Join Today!!**

Great way to get involved, make friends and have lots of fun right here in your own neighborhood!

With active members we can accomplish great things for the benefit of so many worthy causes!

Dues are \$12 per household per year and runs from January through December.

If you are not yet a member and would like to join or an old member who needs to renew dues please contact Dave Hutton at [dave@fairfieldcivic.org](mailto:dave@fairfieldcivic.org) and/or mail form below:

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## **Fairfield Civic League Membership Form**

**Names:** (Please list all family members): \_\_\_\_\_  
**Address:** \_\_\_\_\_ **Phone:** (Home and Cell): \_\_\_\_\_  
**Email Address:** \_\_\_\_\_

**Return this form with your \$12 membership dues to:**

**Fairfield Civic League  
c/o David Hutton  
5321 Balfor Dr  
Virginia Beach, VA 23464**