



# CONSERVATOR

*“Nature & Community in Harmony”*

VOLUME 43, NO. 1

THE BURKE CENTRE CONSERVANCY

JANUARY 2016

*Happy New Year!*



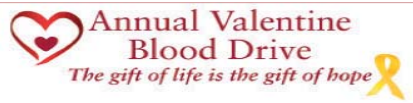
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PHOTO TAKEN AT LAKE BARTON - COURTESY: RICK WATTS



# AROUND BURKE CENTRE

## SAVE THE DATE!



Many thanks and much gratitude to our community and beyond for making last year's **Annual Valentine Blood Drive** such a huge success. INOVA was able to collect 216 units of blood (which has the potential to touch 648 lives), and The Truth 365 will receive over \$1000 toward childhood cancer research!

The Friends of Sadie 7th Annual Valentine Blood Drive will be held **Sunday, February 14, 2016**, from 9 AM-4:30 PM, at the Woods CC. Appointments are now available by going to: [www.inova.org/donateblood](http://www.inova.org/donateblood) or by calling 1-866-256-6372 and using sponsor code 7637.

There will be a bake sale to benefit The Truth 365, child care for blood donors, and children's activities and crafts. If you are a regular blood donor, please note that a whole blood donation must be done on or before December 20th in order to be eligible to donate on February 14th. For more information, go to [www.friendsofsadie.org](http://www.friendsofsadie.org).



The Lauer Family - taken at the 2014 blood drive.

## Congressman to attend the January Board Meeting

**Congressman Gerry Connolly** will attend the January 14 Board of Trustees meeting to give residents an update on Congressional activity. The meeting time is 7:30 PM, at the Woods Community Center.



## Conservancy Emergency Closing Policy

The Conservancy follows the Fairfax County Government schedule for closing due to inclement weather or other unexpected emergencies. If the Fairfax County Government closes, the Conservancy office will also close.

Should you need to contact the Conservancy for assistance with a facility during an emergency closing, or to report damage to Conservancy property, please call the after-hours toll-free line at 1-866-878-2430. Your message will be forwarded to the appropriate staff member.

For non-emergency matters while the office is closed, please leave a message at the main office line (703) 978-2928, and your call will be returned promptly once the office reopens.

Emergency updates will also be posted on the Burke Centre web site: [www.burkecentreweb.com](http://www.burkecentreweb.com) unless power or Internet services are interrupted.

## Holiday Closings

The Conservancy office will be closed on New Year's Day, Friday January 1, 2016. Trash and recycling pick-ups normally scheduled for Friday will be made up on Saturday, January 2. The office will also be closed on Monday, January 18 in observance of Martin Luther King Jr. Day.

To report an emergency with a Conservancy facility while the office is closed, please call the toll-free After-Hours # 1-866-878-2430.

## ADS Holiday Trash Schedule

**Holiday Trash Service:** There will be no trash or recycling service on New Year's Day. Trash and recycling service normally scheduled on these days will be provided the following day; Saturday, January 2nd.

To report a missed pick-up when the Conservancy office is closed, please contact ADS directly at (703) 368-0500. Be sure to tell the operator you are calling from Burke Centre to ensure proper service. Next-day pickup following a holiday is a unique feature of the Conservancy's contract with ADS.

**Christmas Trees** will be collected on Mondays, starting January 4, 2016. Please be sure to remove all tinsel and decorations and please, DO NOT place trees in plastic bags.

**Inclement Weather:** American Disposal Service will cancel all collection in areas when roads are deemed unsafe due to snow or ice. There will be no adjustments or make-up runs scheduled for missed services due to inclement weather. Trash, recycling and yard debris collections will resume on the next regularly scheduled service day.

To report problems or concerns with the trash and recycling service, or if you have any questions regarding the holiday schedules, please call the Conservancy office at (703) 978-2928.



## Tree Damage in the Lake Barton Area



Over the past few weeks, trees in the area surrounding Lake Barton have become the target of some very active beavers. Just a few beavers inhabiting the area have damaged many trees to the extent that the trees can not be saved; and several trees have fallen.

The beavers are using the trees as building material for their winter habitats. Conservancy staff has been wrapping tree trunks with wire mesh to discourage the activity. State and County wildlife management experts have inspected the area and offered advice on the best ways to mitigate the problem and preserve the trees.

# CONSERVANCY ELECTION

## Burke Centre Election Day is March 5, 2016

**2016 Trustee & Cluster Candidate Packets Due January 20, 5 PM Conservancy Office**

In order to appear on the 2016 election ballots, all Trustee and Cluster packets are due at the Conservancy office by 5 PM, Wednesday, January 20. Packets are available online at [www.burkecentreweb.com](http://www.burkecentreweb.com), click on the COMMUNITY tab and scroll down to ELECTIONS. Packets are also available at the Conservancy office.



## 2016 Election Updates

The Election Committee (EC) is at work on the community's Annual Election process. In the coming weeks, online voting links will be posted on the Burke Centre web site, ballots will be prepared and mailed, and final results will be tabulated immediately after voting closes at noon on March 5, 2016.

**Early January** - Open season for candidates continues. Complete election materials and preparation of candidate packets for Trustee and Cluster Committees. Packets are available at Conservancy office and online at [www.burkecentreweb.com](http://www.burkecentreweb.com), click on the HOME tab and scroll down to elections. Candidate packets will be opened upon receipt with verification by staff and EC representatives. Names of candidates to be posted at Conservancy and highlighted in media.

**January 20, 2016** - Deadline to appear on the official ballot. Trustee and Cluster candidates must be in good standing and submit their petitions to Conservancy office by 5:00 PM.

**February 11** - Meet the Candidates at the February Board of Trustees Meeting, 7:30 PM, Woods Community Center.

**March 5** - Election Day; voting closes at noon.

The EC Chairman will work with the Conservancy staff to verify all Trustee and cluster petitions received by the deadline. Once verified, the EC Chairman will authorize the staff to publish eligible candidates' candidacy statements in the February and March *Conservators*.

## How Do I Vote?

Immediately following the Meet the Candidates Night on February 11, 2016, a letter containing electronic voting instructions, including individual voting codes, will be sent to all Conservancy members who are in good standing as of January 30, 2016. These letters will include a self-mailer form with which to order a paper ballot if preferred.

Members will be asked to vote for two At-Large Trustees, one Neighborhood Trustee, and for multiple Cluster Committee members. You may either vote for the candidates listed on the ballot and/or write-in candidates of your choice.

Eligible voters are Burke Centre Conservancy members who are either the homeowners of record of a Burke Centre property, or renters/lessees who hold a lease. To be eligible to vote in the Burke Centre Conservancy election, home owners must be Conservancy members in good standing as of the established deadline. A home owner's Conservancy membership status, if not in good standing, will not prevent a renter/lessee from voting.

Note: A Conservancy member will be considered in good standing if all assessment installments (meaning not more than 60 days overdue) have been received by February 24, 2016.

How many votes will I be allowed?

**OWNER OCCUPANT:** The owner(s) of a Burke Centre property who also reside(s) at the property address, and are members in good standing, are entitled to cast two ballots per household.

**RENTER/LESSEE OCCUPANT:** Renter/Lessee occupant(s) of a Burke Centre property are entitled to cast one ballot per household with proof of residency.

**NON RESIDENT OWNER:** The owner(s) of a Burke Centre property who reside(s) at a different property address and are members in good standing are entitled to cast one ballot per household.

Voters wishing to vote by paper ballot may request a paper ballot by calling, emailing or returning the self-mailing paper ballot order form to the Conservancy office by 5 pm on Tuesday, February 24, 2016. Staff will ensure that upon this request, voters are mailed a self-mailing paper ballot to be returned to the electronic voting vendor, postmarked no later than March 4, 2016. The vendor will then ensure that the paper ballot votes are logged into the system to be included in the final tallies. Please note: No paper ballots will be accepted at the Conservancy office.

Those members who are not in good standing at the time of the mailing will receive a letter providing instructions on how to vote once their account status has been rectified, if done so by Friday, March 4, 2016.

A computer will be available at the Conservancy office to enable residents to vote electronically, with assistance from a staff member provided, as requested. Electronic voting will close at noon on March 5.

If you have any questions, please feel free to contact the Conservancy office at (703) 978-2928.

## BURKE CENTRE CONSERVANCY

"Nature & Community in Harmony"  
6060 Burke Centre Parkway  
Burke, VA 22015-3702  
Office Phone: (703) 978-2928  
Office Fax: (703) 978-1073  
Web Site: [www.burkecentreweb.com](http://www.burkecentreweb.com)

**Conservancy Office Hours**  
Monday-Friday: 9:00 am-5:00 pm  
Saturday: 9 am-Noon (Reception services only)

**Assessment Mailing Address**  
Payment Processing Center  
P.O. BOX 105007  
Atlanta, GA 30348

**CONSERVANCY VOLUNTEERS**  
All Board and committee/organization members are volunteers; not paid employees of the Conservancy. When you contact these fellow residents, please remember that they are volunteering their own time to serve the Burke Centre community. Thank you!

## BOARD OF TRUSTEES

**COMMONS:** MARC FLASTER, Treasurer  
[commonstrustee@burkecentre.org](mailto:commonstrustee@burkecentre.org)  
**LANDINGS:** RENEE MUMFORD  
[landingstrustee@burkecentre.org](mailto:landingstrustee@burkecentre.org)  
**OAKS:** ANITA MUSSER, Vice Pres.  
[oakstrustee@burkecentre.org](mailto:oakstrustee@burkecentre.org)  
**PONDS:** LEE SCHMIDT, Secretary  
[pondstrustee@burkecentre.org](mailto:pondstrustee@burkecentre.org)  
**WOODS:** BRENDA TRASK  
[woodstrustee@burkecentre.org](mailto:woodstrustee@burkecentre.org)  
**AT-LARGE:** SUSAN LUKAS, President  
[atlarge1@burkecentre.org](mailto:atlarge1@burkecentre.org)  
**AT-LARGE:** BRIAN ENGLER  
[atlarge2@burkecentre.org](mailto:atlarge2@burkecentre.org)

## APPEALS BOARD

DENIS GULAKOWSKI, Chairman  
MERRILL PHELAN, Vice Chairman  
COLEEN CHESTERMAN  
KEN MUSSER  
GREG SMITH

## ARCHITECTURAL REVIEW BOARD

BLAKE MYERS, CHAIR (Ponds)  
[arb-chair1@burkecentreweb.com](mailto:arb-chair1@burkecentreweb.com)

CINDY OGREN (Woods)  
SHAWN O'QUINN (Oaks)  
CECIL SCHMIDT (Woods)  
CHRIS TAUBE (Woods)  
NANCY WADE (Oaks)  
TOM WADE (At-Large)

## ARB Application Deadline:

5 PM on 1/6 for JAN meetings  
5 PM on 2/3 for FEB meetings

## Conservancy Management Team

PATRICK GLOYD, Executive Director  
[patrick@burkecentre.org](mailto:patrick@burkecentre.org)  
Jeannie Winslow, Director of Administration  
[jeannie@burkecentre.org](mailto:jeannie@burkecentre.org)  
Bob Bray, Finance Administrator  
[bbray@burkecentre.org](mailto:bbray@burkecentre.org)  
Jack Liszka, Facilities & Resources Administrator  
[jack@burkecentre.org](mailto:jack@burkecentre.org)



# BOARD OF TRUSTEES

The following summarizes the December 10, 2015 Board of Trustees meeting. Please note the official minutes will not be approved until the next Board Meeting on January 14, 2016. Please contact the Conservancy office at 703-978-2928, [administration@burkecentre.org](mailto:administration@burkecentre.org), if you have any questions.

**AGENDA APPROVAL:** President Lukas called the meeting to order at 7:35 PM. She then made a motion, seconded by Secretary Schmidt, to excuse Treasurer Flaster and Trustee Engler from the meeting. The motion passed unanimously, 5 yes votes.

President Lukas made a motion, seconded by Vice President Musser, to approve the agenda as presented. The motion was approved unanimously.

**MINUTES APPROVAL:** Following review, President Lukas asked if there were any objections to approving the minutes of the Board of Trustees meeting of November 12, 2015, or the minutes of the Board of Trustees Work Session of December 1, 2015, as presented. Since there were no objections, the minutes were approved by unanimous consent.

**RESIDENT INPUT:** Kevin Morse (Landings) commented on how much those in attendance appreciated the recent volunteer recognition event. President Lukas noted that she had a conversation with Mr. Morse regarding Conservancy involvement with tree work in the condominium communities, and asked that the item be added to the January 2016 Work Session agenda.

President Lukas noted:  
Congressman Gerry Connolly will speak at the January 14, 2015 Board of Trustees meeting, 7:30 PM, Woods CC, to provide an update on congressional activities.

**NEW BUSINESS:** *October Financial Statements:* Mr. Gloyd reported that at the end of October, the Conservancy had a cash balance of \$848,242; Deficit Revenue under Expense as of October 31 was \$140,975, mainly due to tree work. Mr. Gloyd advised that there were some additional accounting adjustments yet to be completed between the Capital Reserve, Operations and Special Projects - Tree Work line items which would reduce the deficit. He noted that the annual audit process would begin in January and be completed by the Annual Meeting on March 10, 2016.

*Beta Test Site for the Conservancy's Web Site:* Ms. Winslow provided an update on the web site construction and anticipated timeline for completion of the project. There was a discussion of the scope of work involved in setting up the new site, the navigational mapping of the site and the links to the various features, some of which will be "under construction" for a few more weeks.

**TREASURER'S REPORT:** There were no Reserve Withdrawals. November financial reports will be provided at the January 2016 Work Session.

**EXECUTIVE DIRECTOR'S REPORT:** Mr. Gloyd reported on the recent beaver activity and tree destruction in the Lake Barton area. The staff has been responding

by wrapping trees with wire to prevent further damage. Mr. Gloyd advised that he has met with local and state personnel to discuss their recommendations and possible solutions to alleviate the extent of the damage to trees in the surrounding area.

Mr. Gloyd also provided a brief update on the hiring of security for community center events approved in November and the ongoing efforts to resolve the issues with the pool pass conversion.

**EXECUTIVE SESSION:** There was no executive session.

**ADJOURNMENT:** The meeting adjourned by unanimous consent at 8:05 PM.

## BC BUZZ



Keep up with important community updates via e-mail. Just provide your name, address and e-mail to [administration@burkecentre.org](mailto:administration@burkecentre.org), and include "SUBSCRIBE" as the subject.

## Meet the Candidates Night – February 11

The 2016 community election is just around the corner. The results of the annual election determine who will govern the Burke Centre Conservancy for the next 12 months (March 2016–February 2017). Cluster committees are also elected for an annual term during this process. It is important for everyone to have a voice by participating in the election process.

One way for voters to make informed decisions is to attend the Meet the Candidates Night forum, where trustee candidates will make brief presentations and be available to answer your questions in person.

This event will be held at the February Board meeting on February 11, 2016, 7:30 PM, at the Woods Community Center, 10100 Wards Grove Circle. Refreshments will be served!

If you are unable to attend, you will be able to find candidacy statements at the Conservancy's web site at [www.burkecentreweb.com](http://www.burkecentreweb.com) for each Board candidate in mid-January 2016.

## Cluster Meetings

The following OAKS Cluster Committees will meet at the Oaks CC (before Councils): Bear Oak & Burr Oak Clusters meet @7 PM. Georgian Oak Cluster meets on a quarterly basis. Watch the back page calendar for updates on all cluster meetings. **Bunker Woods** will meet monthly at 7 PM at the Woods CC.

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# BOARD OF TRUSTEES

## BURKE CENTRE AT-LARGE

BY SUSAN LUKAS

Board President & At-Large Trustee



Being in a Homeowners Association means there will always be many opinions about any matter the Burke Centre Board takes up during the year. However, there is also always one issue we all agree upon – Burke Centre is a great place to live. It doesn't take much effort to start listing all of the positive things about Burke Centre.

- It is close to DC but it feels like it is a small community in the country.
- There are just enough stores, restaurants, and services to meet most everyone's needs without having to drive far.
- Quality education is close by, including colleges.
- Every form of public transportation is available within a 5-20 minute drive or walk.
- Two shopping centers are equally distant from Burke Centre.
- Every type of housing structure is available: single family, duplex, townhome, or condominium.

I am sure I could find more to add to the positive list, but it is also important the board consider what is on the negative list for living in Burke Centre and that can be easily summarized: Burke Centre is over 30 years old! If you look online for problems found in an older home you soon realize those same problems can be applied to Burke Centre Conservancy. As a community we have to accept we are moving into a new phase and that phase is how do you take care of and pay for the problems of aging. Here are just a few of the things facing Burke Centre.

- Inefficient facilities: No matter how well we take care of the community centers and the office, after time, things like windows, doors, and siding no longer work as well as they once did.
- Outdated systems: Burke Centre contains many systems that have or will age out and need to be replaced. These can be as simple as replacing the accounting system, to replacing the swim pass process, to replacing sewer systems. Not all systems will become the cost of residents, but it still requires the board and staff to manage their replacement with the county and state.

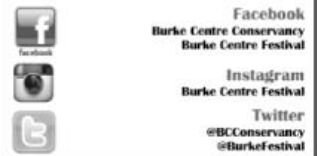
- Foundation and structural issues: The board began addressing many foundation and structure issues when they took on the inventory, removal and replacement of trees. As time has gone by the board realized this was a much bigger and costlier project than first considered. Over time we finally understood it is a permanent issue that must be addressed and funded yearly. Erosion is another big problem that the board will need to take on and that discussion has already started.
- Termites, bugs, and other critters: As Burke Centre ages we realize that there are many living entities sharing the space with residents. Recently the staff explained that beavers decided to make this their zip code of choice and they began building their homes. Imagine going to work and coming home to find several trees cut down by these furry friends. According to the county the beavers get to stay – Beavers 1, Burke Centre 0.
- Outdated codes and compliance: As we address these issues it soon becomes apparent that time has moved on, legislation and codes have changed, and what was originally considered an easy fix becomes much more complicated and costly.

The bottom line is Burke Centre is going to pay more to take care of maintaining the property. The good news is the recent accounting review revealed that we have done a good job of setting aside funds to take care of many of these things. The bad news is there have been emerging expenses where funds were not identified or set aside for things like trees.

Right now Burke Centre is lucky because between the staff and the board, the property and funds have been managed well. However, it is important to realize we are an aging community and with that comes different commitments from the residents to ensure we stay in this enviable position.

While I will not be serving on the board next year, I encourage residents to take time to volunteer to serve the community in one form or another. If you can't do that please try to attend the meetings and lend your voice!

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# BOARD OF TRUSTEES

## WORK SESSION SUMMARY

DEC. 1, 2015, 7:30 PM, Woods CC

**CONVENING INFORMATION:** The Working Session was called to order by Board President Susan Lukas at 7:36 PM, and adjourned in Executive Session at 8:30 PM with unanimous Board consent. The Board reconvened at 8:45 PM, and the regular meeting immediately adjourned.

President Lukas made a motion to excuse Trustees Flaster, Trask and Musser from the meeting, which was seconded by Trustee Schmidt. The motion passed unanimously, 4 yes votes.

**Resident Forum:** Joe Osborne asked if an update regarding the trail completion in the Commons was on the agenda. The staff noted that it had been tabled until the January 2016 meeting.

**Beta Test Site for the Conservancy's Web Site:** Mr. Gloyd and Ms. Winslow discussed the recent launch of the Conservancy's Beta Web Site to the Board of Trustees. Ms. Winslow commented on various new features that will be available on the site once completed. The Board asked about adding a tab for Charter Groups, and had minimal changes overall. Mr. Gloyd commented on how the navigational system was more comprehensive than the one for the existing site. Ms. Winslow indicated that the new

site would be released to the community by the end of the year. Trustee Lukas commented on how much work it took to produce the updated site.

**October Financial Statements:** Mr. Gloyd and Mr. Bray discussed the October financial statements which showed that the tree line item has an unfavorable balance to date. The Facilities & Resources Department has reported that the cost of tree maintenance has been much worse than in prior years due to volume. The budget line has covered the cost of managing potentially dangerous or hazardous trees.

**December Meeting Agenda:** With just a few small adjustments, the Board agreed to proceed with the draft agenda as submitted.

**New Business/Future WS Items/Pending:** None

**Executive Session:** The Board adjourned into Executive Session at 8:30 PM, and reconvened the regular meeting at 8:45 PM. President Lukas made a motion to offer acceptance of the Conservancy Executive Director's Employment Agreement with a modification to the leave provisions as discussed. The motion was seconded by Trustee Engler and passed unanimously, 4 yes votes.

**Adjournment:** The Board adjourned at 8:45 PM by unanimous consent.

**Next Board Work Session 1/5/16**

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# ARCHITECTURAL REVIEW BOARD (ARB)

## Sustaining Compliance with Burke Centre Conservancy Architectural and Maintenance Standards

The Conservancy staff is pleased to announce the following clusters that will undergo cluster-wide inspections during 2016 as a part of a new program established by the Architectural Review Board (ARB) and fully supported by the Board of Trustees (BOT).

The new 7-year program establishes a timeline as to when cluster-wide inspections will occur within your neighborhood. Letters will go out in advance of the staff coming out to perform inspections with a checklist of

items that we will be reviewing.

Please contact Chante, Randi or Josh at the Conservancy office for more information.

- COMMONS: Scarborough Commons
- LANDINGS: Steamboat Landing
- OAKS: Oak Leather  
Oakland Chase  
Oakland Park
- PONDS: Meadow Pond  
Wesley Pond
- WOODS: Hemlock Woods  
Natickwood

### ARB December 2015 Stats

Figures: 12/1/15 through 12/31/15	December 2015	Percentage	Last Month (November)	Last Month Percentage
Total Applications Considered	27	100	57	100
Applications Approved	24	88.8%	57	100%
Applications Disapproved	3	n/a	0	n/a
Applications Pending	8	n/a	7	n/a
Applications Withdrawn	0	n/a	0	n/a
Properties Referred to BOT for Legal Action/Monetary Charges	2	n/a	5	n/a

## Trash Can & Recycle Bin Storage



It is each resident's responsibility to ensure that all trash is placed outside, in sealed, rodent-proof containers, in front of their property no earlier than the evening before the scheduled pickup! **Plastic bags and cardboard boxes do not qualify as rodent-proof containers.** Trash containers and recycle bins must be stored out of view on all days other than pick-up days.

In several areas of the community, abandoned trash cans and recycling bins have become an unsightly problem and pose a potential health risk. An increased rodent population has been noted in several Burke Centre neighborhoods. Numerous recycling bins and trash cans are consistently being left in common areas long after scheduled collection days.

To alleviate this problem, beginning immediately, all trash cans and recycle bins left in common areas, including those cans and bins stored in the open space behind townhomes, will be removed by Conservancy staff without further notices or warnings (stickers).

Please note that placing your trash out for pick up without the use of a sealed container is a violation of Burke Centre's ARB Standards, as is the improper storage of trash containers. If an ARB Standards violation is found at a property, the homeowner will be cited by the Community Services-ARB reps, and owners may be subject to further action including monetary assessments.

To the vast majority of residents who properly store their bins and trash cans out of sight until collection day, we sincerely thank you! If you have any questions or if you think your trash can was removed by staff in error, please call the Conservancy office at (703) 978-2928. Thank you for your cooperation!

f / BurkeGreatHarvest

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Help your student learn the benefits of saving while earning a whopping rate on balances up to \$1,500.

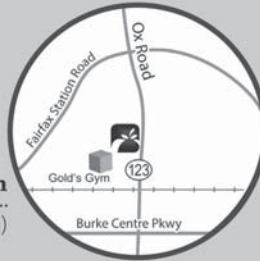
# 2.00% APY\*



**AppleFCU.org/Students**

Don't forget about Apple's other student products:

- extras Student Checking with FREE Visa® Check Card
- extras Student Visa® Platinum Credit Card
- Student Choice Loan Solutions



**Fairfax Station/Burke Branch**  
5616-A Ox Road (near Gold's Gym)

\*APY = Annual Percentage Yield as of 05/01/2015 on balances up to \$1,500 and is subject to change. Balances over \$1,500 will earn Apple's regular savings rate. Membership eligibility requirements apply. Federally insured by NCUA.

## Our Homes Listed and Sold in Burke

by Bruce & Tanya and Associates  
at RE/MAX Executives

**RE/MAX Executives**  
**BruceAndTanya.com**  
**(703)239-2525**



9324 Olivia Pl.  
\$649,900



5842 Wye Oak Commons Ct. #21  
\$374,000



6446 Lake Meadow Drive  
\$864,900



5784 Burke Towne Ct.  
\$385,995



9830 Natick Road  
\$560,000



12253 Wye Oak Commons Cir. #85  
\$374,900



10183 Marshall Pond Rd.  
\$590,000



10008 Whidbey Ln.  
\$572,000



6111 Heron Pond Ct.  
\$365,000



Source: MRIS which includes all brokers. Information deemed reliable but not guaranteed. If your home is currently listed, do not consider this a solicitation. We are always happy to cooperate.







Annual Egg Hunt



Ribbon Cutting at the Burke Commons Road Sidewalk



BC Teen Council

## 2015 the Year in Review



Duwain Ketch  
"Library Friends Choice Award"



Becky Fial named Senior of the Year



Burke 55+ers



38th Annual Festival



VFW Memorial Day Ceremony



Valentines Day Blood Drive



2014-2015 Board of Trustees

## Fairfax-Burke Shepherd's Center

### LUNCH N' LIFE

Are You 50 or Better? Please join us for the next Lunch N' Life sponsored by the Shepherd's Center of Fairfax-Burke on Thursday, January 21, 2016 (12:00-2:00 p.m.) at The Lutheran Church of the Abiding Presence, 6304 Lee Chapel Road, Burke. The entertainment will be the Capital Swing Quartet, a women's acapella group sing favorite and popular tunes. For reservations, call Faye Quesenbery at 703-620-0161, by Jan. 15th. The cost is \$10.00; checks payable to SCFB. If transportation is needed, call the SCFB office (703) 323-4788. See [www.scfbva.org](http://www.scfbva.org) for more information.

### VOLUNTEERS NEEDED AS DRIVERS!

Shepherd's Center of Fairfax Burke serves those 50+ and who no longer drive. Volunteer Drivers are needed for trips (Monday - Friday) to medical appointments and Companion Shopping within the Fairfax/Burke area. If you can volunteer your time, please contact the SCFB office at 703-323-4788.

## BurkeDental

World Class Treatment. Hometown Care.

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703-978-6000

Call Burke Dental today to set up an appointment with Dr. James Willis and his team of dental professionals. Burke Dental is excited to be serving our community from our office in Burke, VA. We provide quality, comprehensive care to meet all of your dental needs.

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| Cosmetic Dentistry | General Dentistry         |
| Invisalign®        | Snoring Therapy           |
| Dental Implants    | Full and Partial Dentures |
| Root Canal Therapy | Crowns and Veneers        |

## BURKE DENTAL

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Burke, VA 22015  
By Appointment

Phone: 703-978-6000  
Fax: 703-978-5089  
[www.BurkeDental.com](http://www.BurkeDental.com)



# BURKE CENTRE CHARTERS

## Friends of BC Library



**Save the Date - Spring Used Book Sale:** The Friends of the Burke Centre Library is hosting a Spring Used Book Sale March 17-20, with a special preview from 3-6 PM on March 16th for Friends of the Burke Center Library members. In addition to thousands of books, we'll have donated CDs and DVDs for sale. It's a great opportunity to stock up on some spring break reading! Save the date on your calendar now!

**Winter Events at Burke Centre Library:** Looking for an indoor activity this winter? The staff at the Burke Centre Library plan great community events for all ages - children, teens and adults - and interests. There is a lot planned, some of the events are supported, in part, by the Friends of the Burke Centre Library.

One that we want to highlight is author Alan Eisenberg of Bullying Recovery, LLC. New statistics show that the effects of youth bullying last well into the life of adults and Alan Eisenberg's new biography, [Ladder In The Dark: My Journey From Bullying to Self-Acceptance](#), tells his story of how a youth of constant bullying led to adult anxiety and depression. Alan shares the Complex Post Traumatic Stress Disorder (C-PTSD) he suffered after the bullying and how he tried to suppress these memories unsuccessfully, only to be haunted by them in his adult years. You can check out the list of all events and sign up to attend at: <http://www.fairfaxcounty.gov/library/events/>.

**New Years Cleaning? Donate Your Used Books to Burke Centre Library:** Is your New Year's resolution to clean out your book shelves? As you clean out considering donating your gently used books, CDs and DVDs in the bin right inside and to the left of the Burke Centre Library entrance by the ongoing book sale during library hours. Funds raised from library book sales help support programming and collection support. Don't forget to grab your tax donation receipt when you drop off; forms are right by the bin.

**Please Join Us in Congratulating Nancy Davis,** Friends of the Burke Centre Library, as our 2015 Friends Choice awardee for all her work with our growing membership. Nancy does a great job with coordinating membership for Friends of the Burke Centre Library and keeping up on membership communications.

**Join the Friends of the Burke Center Library:** An individual Lifetime membership is just \$50 and Regular membership is just \$5 a year per individual. Membership forms are available at Burke Centre Library. All money raised by joining the Friends Group helps directly support not only Burke Centre Library but

also the entire Fairfax County Public Library System. Now is a great time to join or give membership as a gift to promote the love of the library. Your individual contributions and membership are important to the library system and Burke Centre Library in particular.

**The Burke Centre Library Teen Advisory Board (TAB)**



## 2nd Annual Winter Essay Competition!

AMELIA GULDING, *Public Relations Coordinator*

The Burke Centre Library Teen Advisory Board (TAB) is hosting their second annual winter essay competition! TAB is a group of teen volunteers who help the library plan and develop programs and events for fellow teens in the community.

For this contest, teens will write short story, poems and creative essays based on the photo provided. Word count is anywhere between 50 and 1,000 words. Submissions will be taken from January 1st to February 7th, but submit fast! We are limiting submissions to 30. Submissions can be done through our web site, [burkecentretab.com](http://burkecentretab.com).

There will be prizes! The first place winner will get \$100, the second \$75, and third \$50. Winners will be announced at an award ceremony held on February 20th at the Burke Centre Library. Food will be provided!

The Burke Centre Library now has a new volunteer opportunity! We are looking for teens to write book reviews and create book trailers for young adult fiction or non-fiction. Two hours of service will be awarded for each book review, and three hours for each trailer. For more information on applying for this opportunity, visit our web site.

More information about the essay contest and the Teen Advisory Board can be found on [burkecentretab.com](http://burkecentretab.com).

The Burke Centre Library Teen Advisory Board (TAB)



## Are you ready for the Next Level?



TOM RUZIC, *Burke Toastmasters Vice President, PR*

**"Are you ready to take your (career, relationship, life, etc.) to the next level?"**

It's a question we hear frequently, often with no clear definition of what the proverbial "next level" is.

The "next level" is typically a vague reference to some elusive measure that sounds good but does not always exist. For many, the "next level" is a filler phrase void of meaning.

The Burke Toastmasters Club is all about helping people with their communication skills and helping them eliminate fillers in their speech. If you'd like to be a more confident speaker and meet some great people in the process, we'd like to invite you to join us.

Burke Toastmasters meetings are conducted in a friendly and supportive atmosphere. Members give speeches and receive constructive feedback. Visitors are always welcome.

Toastmasters provides a structured program in which everyone, whether novice or experienced, can easily track their personal progress in public speaking. No vague references to the "next level." Each member has clear objectives and goals based on what he or she wants to accomplish as a communicator.

The Burke Toastmasters will be meeting Thursday, Feb. 5th and Thursday, Feb. 18th, at the Oaks Community Center, 5708 Oak Leather Drive in Burke Centre. Our meetings start at 7:30 PM., and conclude at 9 PM.

For more information on the club, please visit our web site at [www.burketoastmasters.org](http://www.burketoastmasters.org). Burke Toastmasters is also on Facebook.