

BLUE RIDGE SHADOWS

Quarterly Insight into your Community

President's Corner

Since the last newsletter, a lot has happened. Coventry Management has assigned a new manager to Blue Ridge Shadows, see Allen Grimm's bio on page two. Board member Sheila Asbury's Social Committee has held three events at the Golf Club, see photo summary on pages 10-13. Thanks to all those that attended these events, more are scheduled in the coming months.

The Safety Committee has sent letters to VDOT and Warren County leadership about speeding in the community and separately about the number of south bound vehicles running through the red stop light at Shadows Drive and Route 522.

In addition, three projects has been completed and the revised ARC Guidelines are available on Coventry Group's Blue Ridge Shadows web site.

With the change is community managers, we discovered the computer system had not been sending e-mails to homeowners regarding ARC issues. This has now been resolved. When there is a pending ARC issue, the resident will receive a letter and e-mail from Coventry Group, and it will be posted on your ComWeb Portal <https://comwebportal.com/> account. Since Allen has consistently sent out letters, many issues have been corrected. To those homeowners, thank you for your patience in helping resolve ARC issues with Coventry Group.

The HOA board meetings will hold board meetings at the DoubleTree by Hilton in the Hilton Conference Room, 111 Hospitality Drive, Front Royal the second Tuesday of every month starting at 7:00 p.m. All interested homeowners and residents are welcome.

We are fortunate to have Blue Ridge Shadows Club right in our backyard. Check out the many different golf club manufacturers demo-days and activities scheduled. The golf club's range from Super Game Improvement to Pro level clubs. For more information, please check the Club's web site.

Scott Kersjes

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NEW HOA COMMUNITY MANAGER

Blue Ridge Shadows has a new HOA Community Manager, Allen Grimm. Allen began serving our HOA in January. He has been a Warren County resident since 1974. He attended Wakefield School in Flint Hill and earned his B.S. in Property Management at Virginia Tech. Allen has worked with Coventry Group as a Community Manager for 10 years and currently manages 12 HOAs, POAs and commercial sites. He holds both a Certified Manager of Community Associations (CMCA) and Association Management Specialist (AMS) certification. Allen and his wife, Maria, are empty nesters of 6 children and currently live in Clearbrook with their dog Hattie. Allen can be reached at 540-535-0816 or email AGrimm@coventrygrp.com with your questions or concerns.

ASSESSMENT RATES FOR 2023

In November, notices were sent out to the community regarding a change in the 2023 General Assessment and Service Fees for residents of Blue Ridge Shadows. Assessments are due on the 1st of the month and are considered late if not paid by the 15th. There is a \$25 late fee assessed on the 16th of the month. These new rates were effective January 1, 2023, as follows:

- General Assessment -- \$27.28 per home
- Townhomes -- \$111.59
- Single Family -- \$51.90
- Highlands (55+) -- \$162.31

The General Assessment plus service fees total per home, per month is as follows:

Townhouse – \$111.59 + \$27.28 = \$138.87
Single Family – \$51.90 + \$27.28 = \$79.18
Highlands (55+) – \$162.31 + \$27.28 = \$189.59

Coupon booklets were sent out. Assessments are due on the 1st of each month regardless if you have received your coupon book, payments can be made on-line using the new ComWeb Portal <https://comwebportal.com/>.

SPRING INSPECTIONS

As Spring and Summer 2023 approaches, it is time to look at the condition of your home. Homeowners need to do their part to maintain Blue Ridge Shadows pleasant appearance as well as hold property values. In March and April all lots will be inspected for compliance. Management will not enter any property to conduct their inspections. A friendly reminder will be sent to each homeowner noting the items that need attention. It is NOT a violation letter but a friendly reminder that some items on your lot may need attention and potential repairs. Please don't hesitate to contact Community Manager, Allen, at 540-535-0816; AGrimm@coventrygrp.com to let him know of potential violations and how to correct them.

- Painting: What are the conditions of your exterior doors, trim around the doors, and windows? Are they peeling or cracked?
- Gutters: Are the gutters and downspouts in order and not damaged or missing?
- Garage Doors: Is your garage door(s) in good working order, not damaged or dented? ARC Compliance: Have all alterations to the lot been approved and are all colors in compliance with the ARC Guidelines and Procedures?
- Roof: Is the roof missing any shingles, or are lose shingles popping up and need to be nailed down?
- Landscaping: Are the beds free of weeds? Are the bushes and trees pruned?
- Siding: Is the siding in good repair? Does the siding have mildew or stains and need power washing?
- Clutter: Is the front porch and other areas of the yard clear of unsightly clutter, debris and trash?
- Trash Cans: Are they being stored out of sight except for day of pick-up?





BEWARE OF YOUR SPEED

From 522 onto Shadows Drive the BRS Community speed limit remains 25 miles an hour.

Please watch out for children playing, riding bikes, standing at bus stops and walking along the road.



SUSPICIOUS ACTIVITY

We are a PRIVATE COMMUNITY!

- NO trespassing
- NO Loitering
- NO Solicitation

If you see any one violating these laws, please call Warren County Sheriff Office at (540) 635-4128.

It is everyone's responsibility to report it and we appreciate you helping to keep our community safe!

Want to be involved in
 Community Safety
 email Rebecca at
zippygetters@att.net



KEEP OFF THE GRASS

The driving range and golf course is privately owned.
 No walking, biking, cross-country skiing, or sledding allowed.



HLS is the new landscape company for 2023. Your monthly assessments pay for the maintenance of all common area, the front yards of the townhomes, and the 55+ section of Blue Ridge Shadows (aka the Highlands). They will also provide additional services should you choose. Contact Dave Rusch, prices are as follows:

Single Family Home Pricing

Basic Maintenance Package: \$1,040.00

Mowing, weeding, edging, pruning, and mulch application on standard house types (large mulch beds will be assessed on an individual basis).

Fertilization of Lawn: \$45.00 per application

- Up to 5 applications of fertilizer and weed control

Aeration and Overseeding: \$250.00

- Aerate and overseed all lawn areas.

55+ Additional Services Pricing

Fenced in Areas Maintenance Package: \$240.00

- Mowing, weeding, edging, pruning, and mulch application (any additional large mulch beds will be assessed on an individual basis).

Fertilization of Lawn (Fenced in Yard): \$10.00 per application

- Up to 5 applications of fertilizer and weed control

Aeration and Overseeding (Fenced in Yard): \$75.00

- Aerate and overseed all fenced in lawn areas.

Townhome Additional Services

Fenced in backyards: \$180.00

- Fenced in backyards will be serviced with each maintenance visit.
- Backyards must be unlocked and cleared of toys/furniture/grills/etc. No personal property will be moved.

****Services to be paid in full prior to service commencement****

To inquire about maintenance services please reach out to Dave Rusch at the following email BRHomes@hls-llc.com.

BLUE RIDGE SHADOWS COMMUNITY

Set up in your drive way or
on your curb - lots of interested buyers
stop by to look for a bargain

**EVERYONE
WELCOME
TO PARTICIPATE**



Friday, April 21, 2023
Saturday, April 22, 2023
8:00 a.m. to 2:00 p.m.

**COME OUT AND
SHOP FOR
GREAT FINDS**



Spring
Yard
Sale

QUESTIONS PLEASE CALL
DOREEN AT CASSKOR@AOL.COM
540-454-1799

Health living

by Gretchen

Hello fellow residents of Blue Ridge Shadows. I am Gretchen Anderson. I am learning about nutrition in my current coursework. I have a lot of experience of my own with environmental toxins and living through and detoxing from a heavy load of mycotoxins. Nutrition and supplements are playing a huge role in my journey back to health. I am so happy to share the knowledge that I have learned with my fellow residents. In this edition, I write about one special fat and will share a recipe I have prepared many times. I hope you enjoy the information.



Why We Should Eat More Fish?

Omega-3 fatty acids are fats found in fish, soybean and canola oil, walnuts and flaxseed and may contribute to heart health. Native populations in Alaska, Norway and Greenland eat very high fat diets and have very, very, low incidences of heart disease. This is because they eat fish, and their dietary fat comes from fish, other seafood and fish oil. These foods are naturally high in omega-3 fatty acids.

Researchers found that omega-3s reduced the amount of hardened material (plaques) that form on artery walls. Arteries narrow with the plaque that forms and then blood flow cannot then flow normally. Conclusion is that a diet high in fish and seafood tend to have fewer arterial plaques. It is recommended that a healthy diet include two to three fish meals per week. Eating fish is better than taking fish oil

supplements. You don't know the source of the fish oil, how much omega-3s is in the supplement and there is a risk of contamination with impurities during processing. If you do purchase these types of supplements do some research and find out where the oil comes from and how much omega-3s is in it. Consult your doctor if you wish to start taking omega-3s.

You can achieve almost all your nutritional needs from the food you eat.

Reference. Penn Foster Nutrition and Fitness course.

If there is a particular topic that you would like covered, please feel free to email me at ga2447789@gmail.com.

SPICY BAKED SALMON

Spicy Baked Salmon cooked in a low and slow oven until tender and flakey. Coated in a spicy rub that's so tasty.

Total time: 30 mins

Dairy Free, Gluten Free, Grain Free, Keto, Nut Free, Paleo, Specific Carbohydrate Diet
Legal, Whole30 4 216 kcal, Author: Every Last Bite

Calories: 216 kcal | Carbohydrates: 5 g | Protein: 26 g | Fat: 10 g | Saturated Fat: 2 g |

Polyunsaturated Fat: 4 g |

Monounsaturated Fat: 4 g | Cholesterol: 69 mg | Sodium: 71 mg | Potassium: 735 mg | Fiber: 2 g |

Sugar: 1 g | Calcium: 60 mg |

Iron: 2

Ingredients:

- 500 grams salmon fillet
- 2 tsp olive oil
- 2 cloves garlic crushed
- 1 tbsp paprika
- 1 tsp black pepper
- 1 1/2 tsp chili powder
- 1 tbsp dried oregano
- 1 tbsp dried sage
- 1/2 lemon
- 1 tbsp fresh fennel, chopped



Instructions:

1. Preheat the oven to 140 degrees Celsius (280 degrees Fahrenheit) and line a baking sheet with parchment paper.
2. Lay the salmon on the baking sheet and drizzle it with 1 tsp of olive oil. Rub the crushed garlic evenly over the salmon.
3. In a bowl combine the paprika, pepper, chili powder, oregano and sage. Sprinkle the spices over the salmon so that it is completely coated all over. Drizzle with the remaining 1 tsp olive oil and then place the tray in the oven to bake for 25-30 minutes.
4. The salmon is done when it flakes easily with a fork. Remove it from the oven and squeeze the juice from half of the lemon over the salmon. Sprinkle with lemon zest and chopped fennel before serving.

It is very easy to overcook Salmon (done it many times myself). You can use frozen salmon; it will just take longer to cook. Thawed or fresh is best. You can cook the salmon until it is just about done and take it out of the oven and let it sit and rest for a few minutes it will finish cooking in that time. <https://www.everylastbite.com/spicy-baked-salmon/>





SKYLINE HIGH HAWKS

Boys and Girls varsity and junior varsity Spring season started and perfect time to enjoy the warm weather and cheer on our athletes in soccer, tennis, baseball, softball or track. Check out the Hawks calendar of events for the latest

<https://www.skylinesports.org/main/calendar/>

ALL COUNTY MUSICAL

Advanced tickets only \$10
Tickets at the door \$12

Graduating Seniors

Let's give a shout out to our graduating seniors. If you want to include a picture and name for our June issue, please send an email to: blueridgeshadowsnews@gmail.com by May 15, 2023 to be featured in our June issue:

Name _____

School graduating from _____

continuing on to a trade, or continuing education

NEED GARDENING ADVICE? The gardening advice help line opens up again in April. Stop by, email or call with your home gardening concerns or questions.

- Phone: 540-635-4549
- Email: GreenHelpLine.WarrenCo@gmail.com
- Help Desk Hours: Every Monday (except holidays), April through September, 10 a.m. –1 p.m.
- Location: VCE Office, Warren County Government Center, 220 N Commerce Ave, Suite 500, Front Royal, VA 22630



[Get Tickets](#)

Springtime Gourd Birdhouse Workshop

Sunday, April 23, 1:30 p.m. - 3:30 p.m.

Interested in designing a gourd birdhouse? Local artist Nina Burke will provide cleaned, drilled and ready to hang gourds, all you have to do is decorate just in time to take home for the Spring nesting season. The class will be held in Belle Grove's Beverley B. Shoemaker Welcome Center (barn), 336 Belle Grove Road, Middletown, VA.

Extension Master Gardeners will be on hand with information on creating a Backyard Habitat and attracting birds to your yard.

The fee is \$15 to cover the cost of the gourds and materials. Registration is required.

A poster for "EARTH DAY 22 APRIL & ARBOR DAY CELEBRATION". The poster has a green and blue color scheme with two stylized Earth globes on the sides. The text "EARTH DAY 22 APRIL" is in large, bold letters. Below that, it says "& ARBOR DAY CELEBRATION" and "PRESENTED BY ENVIRONMENTAL SUSTAINABILITY ADVISORY COMMITTEE".

Saturday, April 22, 2023
10:00 a.m. - 4:00 p.m.
OLD TOWN FRONT ROYAL
MAIN STREET GAZEBO

The logo for Front Royal, Virginia, featuring a tree in a circle with the text "FRONT ROYAL VIRGINIA" and "1788".



BREAKFAST WITH SANTA

December 17, 2022

Photo Credit:
Gretchen Anderson





Photo Credit:
Gretchen Anderson



**Ugly Sweater
Contest**
December 20, 2022

Photo Credit:
Gretchen Anderson



**SUPER BOWL
PARTY
FEBRUARY 12, 2023**



**PHOTO CREDIT:
SHEILA ASBURY**

Thank you to the brave souls who came out in the rain on Super Bowl Sunday and joined in for fun, food, and making new friends. We hope you had a great time. It is always nice to see our community come together to enjoy these events.

Thank you Blue Ridge Shadows Golf Club for hosting and preparing all the deliciousness we enjoyed. The staff at the club were amazing.

The Club is available to rent for private functions too. Call Brian at 540-631-9661 to book your next event.

STOMP OUT THE PROBLEM BEFORE THEY HATCH!

The invasive Spotted Lanternfly (SLF) were here over the summer. Last Fall the females laid their eggs. While most adult spotted lanternflies have frozen to death, their eggs can survive over winter and are viable from about October through July. Adults lay their eggs in masses in the late fall on trees, under bark, posts, lawn furniture, cars, trailers, outdoor grills, and on many other surfaces. Use the winter months to walk around your property to look for egg masses.

If you find egg masses any time through April, scrape them off using a plastic card or putty knife and place into a bag or container filled with rubbing alcohol or hand sanitizer. This is the most effective way to kill the eggs, but you also can smash or burn them. It's important to eliminate as many egg masses as possible. A single egg mass could hold 30 to 50 eggs.

Please be safe while scraping. Don't climb ladders to scrape hard to reach egg masses.

Refer to the Virginia Cooperative Extension publications and education <https://www.pubs.ext.vt.edu/> website for more information on the SLF and other gardening, pest and agriculture concerns.

As always READ carefully the label of any pesticide or herbicide when applying as with any chemical it can have an adverse affect on you, your children, your pets and vegetation. Contact your Master Gardener for advice at GreenHelpLine.WarrenCo@gmail.com.



egg mass on tree



Egg mass on cement block



hatched nymphs



Nymphs on branch

