



VISIT ARLINGTON'S NEW BARCROFT
SPORTS AND FITNESS CENTER

FRIENDS OF ARLINGTON PARKS
ANNUAL GENERAL MEETING
Saturday, April 15, 2000

President: Paul Gruber
Editors: Jean Myers, Bill Thomas

MARCH 2000

ANNUAL MEETING 2000

Paul J. Gruber, President

The bylaws of Friends of Arlington Parks (FAP) stipulate an annual meeting. This year we are planning to meet at the Sports and Fitness Center, 4100 South Four Mile Run Drive, on Saturday April 15th 2000, from 1:00 to 3:00 PM. Final arrangements are not yet complete, however we expect to have light refreshments, a short business meeting, and a tour of this new facility.

The main topic of business will be a vote on the matter of a modest annual dues increase. The Board believes that rising costs for paper, reproduction and postage justify the increase from the original schedule adopted 20 years ago. In addition, the costs associated with implementing a FAP Web page will add a new item to our budget.

The proposed dues schedule is as follows:

Individual	from \$3.00 to \$5.00
Family	from \$5.00 to \$10.00
Organization	from \$7.00 to \$15.00

We are already into another active year with the continuation of our park visit program, getting the Web page on-line, and beginning the collection of historical data on the parks. With the retirement of many old-timers from the Parks and Natural Resources Division, and no formal system of yearly reports on park activities, we believe that an important historical information block will be lost. The Web page will be the first place this data is recorded.

Hope to see you at the Sports and Fitness Center on April 15th.

DON'T FORGET

Potomac Overlook Regional Park's annual Open House on Sunday, May 7th;

The annual clean-up of Four Mile Run, and the Trout Fishing Season in March and April.

THE BARCROFT MASTER PLAN

Barcroft Park is one of our largest, and over the years facilities have been added or expanded. It is a Community Park and consists of 85 acres on both sides of Four Mile Run. The park is on Four Mile Run Drive between George Mason and Walter Reed Drives.

The most recent addition has been the Barcroft Sports and Fitness complex which is due to open in early Spring. This new facility is covered in a separate article on pages 3 and 4. As part of the planning process there have been five public forums which were well attended. In addition there was a special meeting of members from concerned commissions and the Chesapeake Bay Task Force.

If the present plan is adopted, there will be five ballfields instead of the existing four and there will be improvements in the existing fields. To accommodate the increased activity and attendance there will be additional parking. One of the key improvements will be a three-level parking facility which will hold 95 autos. These spaces are in addition to the 102 spaces associated with the Sports and Fitness Center. The multi-level parking is a "first" in our parks, and is badly needed in view of the present overall shortage of parking space.

The current proposal calls for funding in the Capital Improvement Plans for FY 2001 through 2006.

THE 2000 CENSUS IS HERE - COUNT YOURSELF IN

Make sure that you are counted in the 2000 federal Census. Every household should receive a Census form in March. Please answer it promptly. We want **all** of our residents to count, and if your household is not included, the information about our neighborhood will be incomplete.

Some residents wonder if they should fill out a census form. No matter how long you have lived in the neighborhood - if you have just moved in, or have lived here for many years - if you live here on April 1, 2000, make sure you complete your Census form. If you are a citizen of another country, complete the form. This is a Census of everyone LIVING in the United States. All residents must answer the Census, NOT just US citizens. Not only is your response required by law, but answering the Census helps our neighborhood plan for the future, we need everyone's input. Also, federal grants and legislative districts are determined using population information from the Census.

Census questionnaires are available in languages other than English, i.e., Spanish, Chinese, Vietnamese, Tagalog, and Korean, and language guides are available in more than 30 languages. To receive a language guide or a Census form in another language, call the toll-free number printed on the Census questionnaire.

THE NEW MILLENIUM BRINGS AN INNOVATIVE SPORTS AND FITNESS FACILITY TO ARLINGTON

GOOD NEWS! The Barcroft Sports and Fitness Center at Barcroft Park, 4200 South Four Mile Run Drive, is scheduled to open early in the Spring.

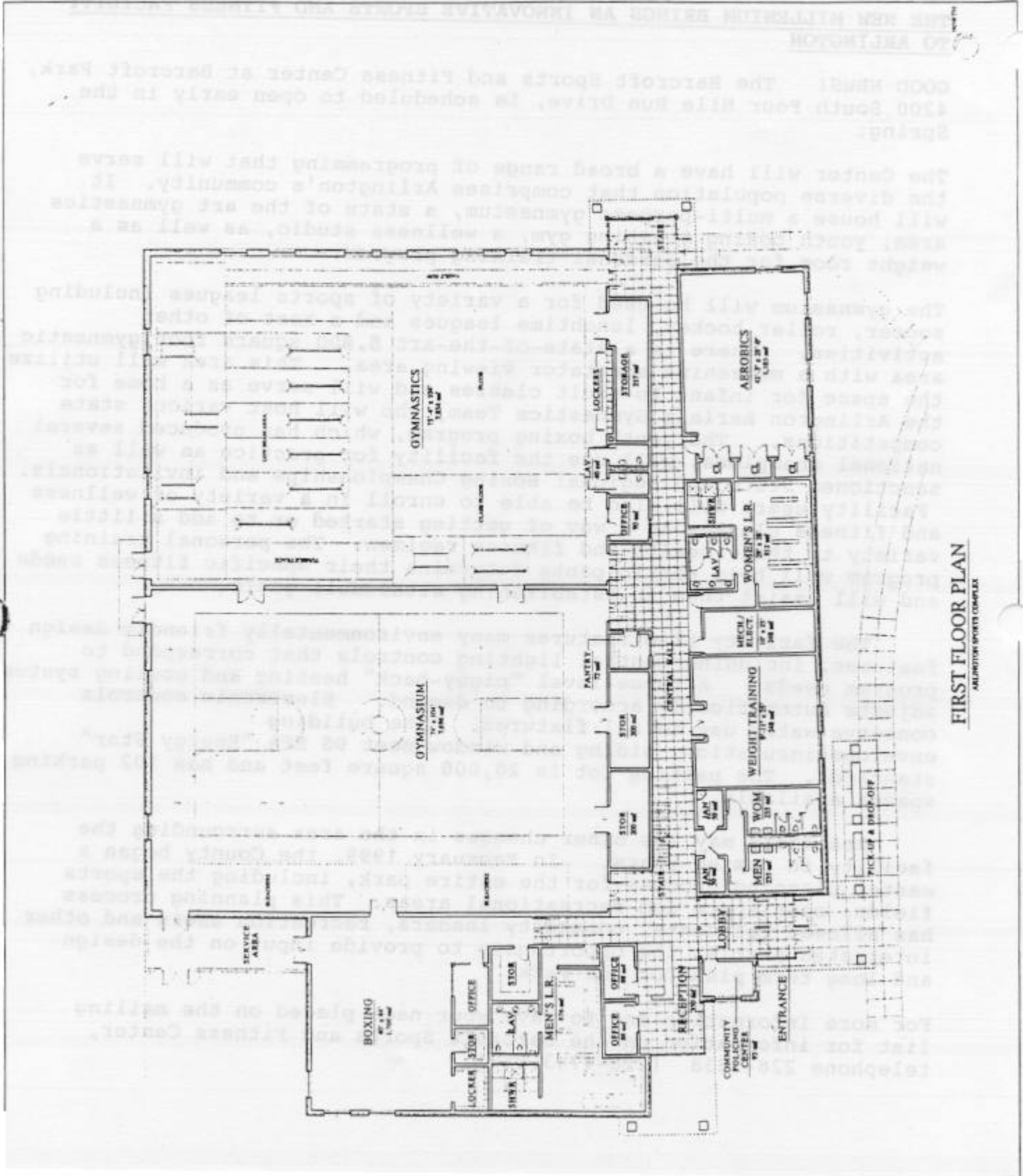
The Center will have a broad range of programming that will serve the diverse population that comprises Arlington's community. It will house a multi-purpose gymnasium, a state of the art gymnastics area, youth boxing training gym, a wellness studio, as well as a weight room for the personal training program.

The gymnasium will be used for a variety of sports leagues including soccer, roller hockey, lunchtime leagues and a host of other activities. There is a state-of-the-art 8,000 square foot gymnastic area with a mezzanine spectator viewing area. This area will utilize the space for infant to adult classes and will serve as a home for the Arlington Aerials Gymnastics Team, who will host various state competitions. The youth boxing program, which has produced several national champions, will use the facility for practice as well as sanctioned State and Regional Boxing Championships and invitationals. Facility users will also be able to enroll in a variety of wellness and fitness classes as a way of getting started or to add a little variety to their health and fitness regimen. The personal training program will help participants determine their specific fitness needs and will assist them in establishing attainable goals.

The facility also features many environmentally friendly design features, including central lighting controls that correspond to program needs. A three-level "piggy-back" heating and cooling system adjusts automatically according to demand. Electronic controls conserve water use in all fixtures. The building envelope-insulation, siding and window meet US EPA "Energy Star" standards. The parking lot is 20,000 square feet and has 102 parking spaces available.

Residents may see other changes in the area surrounding the facility in coming years. In February 1999, the County began a master planning process for the entire park, including the sports fields, open space and recreational areas. This planning process has allowed residents, community leaders, recreation users and other interested parties the opportunity to provide input on the design and long term plan for the Park.

For more information and to have your name placed on the mailing list for information on the Barcroft Sports and Fitness Center, telephone 228-3338 (228-4743 TTY).



FIRST FLOOR PLAN
 ARLINGTON SPORTS COMPLEX

VISITS TO ARLINGTON COUNTY PARKS

Continuing our program of visits to parks to review park facilities and activities, here are the visits planned for January through June 2000. We make two visits a month, and visits normally start at 10AM on Tuesdays and Saturdays. Following visits, we provide our comments to the Department of Parks, Recreation and Community Resources, the relevant civic associations and other interested persons. Come and join us if you would like, call Paul Gruber at 525-4224 for information.

<u>Park</u>	<u>Address</u>	<u>Date</u>	<u>Association</u>
Thomas Jefferson Center	3501 S.2nd St.	Jan 18 & 22	Arlington Heights
Carver	1528 S.13th Rd.	Feb 15 & 19	Arlington View
Zachary Taylor	2900 Military Rd.	Mar 14 & 18	Donaldson Run
Sports & Fitness Center	4100 S Four Mile Run Drive	Apr 15 1:00 to 4:00 PM	Douglas Park Claremont (FAP Annual Meeting)
Madison Manor	6225 N 12th Rd.	May 16 & 20	Madison Manor
Ft. Barnard Complex	1900 S. Walter Reed Dr. 2100 S. Pollard St. 2448 S. 24th St.	Jun 13 & 17	Douglas Park Nauck

SHIRLINGTON PARK OFF LEASH DOG EXERCISE AREA

This area is on the east side of Four Mile Run. There is at present no sign - some of the older information shows that it can be entered from Walter Reed Drive, but since the construction of the Self Storage Building and fenced enclosure, this is no longer possible. This area was recommended for continued use by the Dog Exercise Working Group, and action is in progress to put up signs and gates at each end of the existing trail, as well as other actions to meet standard.

In the interim, it can be accessed on foot or by parking at the public spaces along the trail. These spaces can be reached by turning west on South Nelson Street from Four Mile Run Drive and continuing to the trail. Parking signs are readily visible.

If you are walking your dog on a leash on the W&OD Trail on the west bank of the run, you can cross to the east bank and its trail and use the area beyond the fence, which is at the end of the large parking area. The area ends by the fenced storage yard, and you can return by Walter Reed Drive with your dog on its leash.

County policy requires that the off-leash Dog Exercise Areas have a sponsor group. The Shirlington Park area does not yet have such a group. Please contact Suzanne Bolton at 671-8794 if you can help. This is an area that can be reached by walking or auto and is easily accessible from the W&OD or county trails.

MORE ON DOG EXERCISE AREAS

We have heard from a number of people that persons walking their dogs to the exercise areas do not clean up after their animals, and have left their waste on lawns and sidewalks in the neighborhood. We ask our readers to warn such persons to stop this nuisance and health hazard.

ATTENTION DOG OWNERS

If you don't belong to Arlington Dogs, we recommend that you consider joining them. They are a group of people who have supported Dog Exercise Areas and other activities such as membership mixers and puppy parties. You can obtain more information and membership forms by calling (703)578-0522, or e-mail: arldogs@digizen.net. Their president is Judy Green, and the address is P.O. Box 41603, Arlington, VA 22204.

RECREATION AND LEISURE IN ARLINGTON COUNTY

Do you know about the wonderful variety of classes, activities and facilities that are available in our County, at very affordable prices and convenient locations? The publication "Recreation and Leisure", recently issued by the Department of Parks, Recreation and Community Resources and mailed to all residents, lists many interesting opportunities.

There is something for everyone. There are classes in all kinds of arts and crafts, photography, furniture making; tap, ballroom and country dancing, and even jitterbugging. In the fitness and sports area you can choose aerobics and strength classes at various levels; swimming and water exercise (several classes are for persons with disabilities). Gymnastics at all levels is offered at Gunston and at the new Barcroft Sports and Fitness Complex. There are classes in judo, karate, tai chai, fencing, yoga, skating etc. You can learn to play the guitar or the piano, play tennis, soccer or softball.

Community rooms, open studios or park picnic pavilions can be rented at several locations, and you may request exclusive use of softball/baseball fields, soccer/football fields and tennis courts. There are 36 miles of off-street trails for hiking, biking or jogging. You can get a map of bicycle routes by calling 228-4747. And don't forget the two County Nature Centers - Gulf Branch and Long Branch - with their indoor and outdoor nature programs.

Although we live in a close-in urban area, we can still enjoy the outdoors and the change of seasons. There are lots of interesting places to see and things to do in our County. Enjoy!!!

INVASIVE VINES

A pamphlet entitled "Help Save Arlington Parks from Invasive Vines" is in preparation, and will be available from county sources. It was prepared by the Department of Parks, Recreation and Community Resources (703-228-6521), in cooperation with the Virginia Cooperative Extension - Arlington County Office, Master Gardener Program, and the Virginia Native Plant Society. The following are excerpts from the draft pamphlet:

"About 40% of the trees, shrubs and herbaceous plants in Arlington parks are non-native species. The worst offenders are non-native vines that often have escaped from landscapes around homes. They overtake native undergrowth. They steal nutrients and water, shade out and replace the wildflowers, shrubs and young trees of the natural forest under-story. They also climb and will eventually kill trees. The following are the most invasive vines:-

English Ivy; Porcelain Berry; Oriental Bittersweet; Kudzu; Climbing Euonymous; Fiveleaf Akebia; Mile-A-Minute; Japanese Honeysuckle; Periwinkle. Also - Running Bamboos, Crown Vetch, Mints, Multiflora Rose, Indian Strawberry, Balloon Vine, Burning Bush, and Japanese Knotwood.

If you live near a park or natural area, you can help by removing these vines from your landscape or by confining them to limited and defined spaces. For a complete list of the most troublesome invasives in Virginia and detailed fact sheets on them, write to The Virginia Native Plant Society, P.O.Box 844, Annandale, VA 22030, or visit their website at <http://www.vnps.org/>

FRIENDS OF ARLINGTON PARKS MEMBERSHIP FORM

I/We enclose 2000 membership dues of \$3.00 (individual); \$5.00 (family); \$7.00 (group or organisation) for FRIENDS OF ARLINGTON PARKS.

NAME: _____ PHONE: _____

ADDRESS: _____

STATUS OF DUES

We appreciate the members' response in keeping their 1999 dues current. If you are now sending 2000 dues, please use the Membership Form on page 7, and make checks payable to "Friends of Arlington Parks". Cash also is acceptable.

Each year a number of members have included a contribution in addition to their dues. We wish to thank them for their generosity, which has helped us to offset increased mail and printing costs, and also to have our booth at the Fair.

We would appreciate your comments on the topics we cover in the newsletter.

THE NEXT EDITION OF THE NEWSLETTER WILL BE MAILED IN JULY 2000

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