

# The House Special

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Volume XX, No. 1

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

January 2000

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## RESOLUTIONS

For about a decade or so I have refrained from making New Year's resolutions. I know myself pretty well. I know that I should strive for improvement in many areas of my life. But I also know that I never followed through on the resolutions I have made in the past. Something gets in the way of a new exercise routine, or I get busy and forget to do some nightly reading or meditation. By about the 20<sup>th</sup> of January I'm right back where I started, only feeling worse for not having had the resolve to stick with it. I'm not alone, of course. A recent Headline News Factoid stated that only about one-third of those who make New Year's resolutions actually keep them.

I'm past 50 years old now, though, so the urgency of making some positive changes is heightened a bit. If not now, when? So, after buying new business clothes this fall and discovering in December that my weight was STILL increasing, I actually started using the exercise machine my wife and I picked up at the St. Anthony rummage sale a year and a half ago. You know how that goes: turn in a carload full of things you don't use any more and bring home something you won't use. (Actually, the exercise machine does have big handle bars and has served nicely as a clothes hanger for laying out the next day's wardrobe.) To avoid the New Year's

Editor Nadyne McKelvey

Copy Due Date 20<sup>th</sup> of the Month

Published: Monthly

**LETTERS TO THE EDITOR:** *The House Special Welcomes brief comments from its readers.* Please limit your letters to 250 words and include your name and unit number. The Association Board reserves the right to refuse incorrect or improper statements.

Information for the House Special may be left at the Management Office, the Reception Desk, or sent by e-mail to nmckelvey@hotmail.com

Published By: Skyline House Unit Owners' Association, Inc., 3711 South George Mason Drive, Falls Church, VA. 22041-3711

Printed By: Curry Printing and Copy Center  
Alexandria, VA.

## GOOD NEIGHBORS

Good Neighbors for the month of January are:

Betty Weber	820-3582
Mary Walsh	379-8796

It's a law of life: We get pretty much what we give. So, if you want a lot, join the Good Neighbors. When you help others you will get back far more than you contribute.

**RESIDENTS:** When you use the elevator or walk about the two buildings do you stop and pick up bits of papers that a careless resident has dropped on the floor? If each resident did his share, can you imagine how much nicer our two buildings would look.

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## SPECIAL ATTENTION

### WANTED WANTED WANTED

Candidates for Board of Directors Election  
Tuesday, March 28, 2000

There are 3 members to be elected for 3 year term, and 1 member to be elected for a 1 year term.

Pick up your application form at the Management Office, Monday-Friday — 9:00 a.m. - 6:00 p.m. Nominations close at Midnight, February 15, 2000.

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## WE NEED YOU!!!!

### CHANNEL 12

*Need to know what is happening on any given day at Skyline House?*

*Find the answer on Channel 12.*

*Greg is continually up-dating this channel.*

### SHUOA.ORG

*Check out our Web Site. Thanks Greg. Great job.*

(Continued from Page 1)

resolution jinx, I actually started this new program on December 30 so I don't have to call it a New Year's resolution. Please don't tell me how much better I look -- I haven't lost one pound yet. But I'm still at it every morning.....

I also thought about what I should do for Skyline House in the new year. My term on the Board ends in March, but I would like to stay involved in the community in some way. One thing I know for sure: I want to get active in Good Neighbors again. I think it's one of the most positive initiatives we've ever had in this community. It says a lot about what we think of ourselves as neighbors and Skyline House as our home. You don't have to be an owner to participate. Check the bulletin boards in the East and West lobbies and call one of this month's volunteers if you're interested in learning more about this great service.

I work in downtown Washington, but also have a desk at my company's office in western Fairfax County. I've noticed that a colleague in the next cubicle always seems to be in a good mood and gets along well with everyone. On his wall are a set of ten commandments, though not the ones Moses received. Since they seem to work for him, I'm resolving this year to follow them, too. Not being much good at memorization or practicing ten new rules all at once, I'm focusing on just one of these commandments each day, repeating the rule in sync with the calendar date, number 1 on the list, 11<sup>th</sup>, 21<sup>st</sup>, and 31<sup>st</sup> of the month, and so forth. Here they are.

Hope you like them.

## THE TEN COMMANDMENTS OF HUMAN RELATIONS

1. **SPEAK TO PEOPLE.** There is nothing as nice as a cheerful word of greeting.
2. **SMILE AT PEOPLE.** It is said that it takes 72 muscles to frown and only 14 to smile.
3. **CALL PEOPLE BY NAME.** The sweetest music to anyone's ears is the sound of one's own name.
4. **BE FRIENDLY AND HELPFUL.** We cannot have friends unless we are friendly.
5. **BE CORDIAL.** Speak and act as if everything you do is a genuine pleasure.
6. **BE GENUINELY INTERESTED IN PEOPLE.** They will be interested in you.
7. **BE GENEROUS WITH PRAISE, CAUTIOUS WITH CRITICISM.** It has a way of coming back to you.
8. **BE CONSIDERATE OF THE FEELINGS OF OTHERS.** It will be appreciated.
9. **BE THOUGHTFUL OF THE OPINIONS OF OTHERS.** There are three sides to a controversy: yours, the other fellow's — and the right side.

(Continued on Page 4)

**10. BE ALERT TO GIVE SERVICE TO OTHERS.** What counts most in life is what we do for others.

Wishing you good health, happiness and the strength to achieve all your resolutions in this new year.

Charley Roberts  
President, SHUOA

#### **RECREATION COMMITTEE**

Tony DiSalvo, Co-chair  
Patricia (Tish) Linsinbigler, Co-chair

Thank you Tish, Carroll, and Sophia (who planned the decorations) for all the help you folks gave in making the December 31, New Year's Eve Party such a success. Thanks to all those who helped clean up at the end.

We had a good number of people attending and I am pleased to say there were many faces that I have not seen before and some, I believe, came for the first time. Thank you all. Remember the next TGIF is Friday, January 7, 2000, 6:30 p.m., East Party Room.

If you are a new resident and have not attended the monthly TGIF, make this your first and meet your neighbors and to make it easier, you are requested NOT to bring a plate of *hors d'oeuvres*, just your own liquid refreshment.

The next meeting of the committee will be

Wednesday, January 12, 7:00 p.m., West Card Room. Come join us if you have any ideas that you would like to bring to our attention. Even if you do not, please join us. You are more than welcome.

#### **COMING EVENTS**

##### **Rec. Com. Meeting**

Wednesday, Jan. 12, 2000, 7:00 p.m., West Card Room.

##### **Post Holiday Party**

Friday, Jan. 7, 2000, 6:30 p.m. EPR

#### **THE BARBARA MICHELMAN LIBRARY**

It is most fitting at the beginning of the Millennium that we recognize and thank our generous book donors, without whom there would be no library. Skyline House is blessed to have so many literate and sharing residents.

To start the New Year, we have Best Sellers by Sue Grafton, David Baldacci, Faye Kellerman, and more; over 60 books on tape, and a collection of videos. We have an outstanding collection of hard cover and soft cover books in all categories for sale.

Our weekly borrowers are a hard core of people who came to the library out of curiosity and now come not only to borrow our newest books, but remain to socialize with the other library regulars. Come and have a look. **HAPPY NEW YEAR.**