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RAVENSWORTH PLANTATION, VA.

*The Official Publication of the Ravensworth Farm Civic Association, Inc.
Springfield, Virginia*

March 2013

The Ravensworth *Farmer*

VOL. XLVIII Issue 7

FROM THE PRESIDENT:

March is here and it brings the beginning of spring. As of this writing (February 28) we still haven't had meaningful snow which, I'm sure, gives some folks an excuse to celebrate. Having grown up here, I can't remember a time with two consecutive winters like this so perhaps it portends excitement next season.

I thought I'd share with you some helpful information that was presented at last month's Braddock District Council Meeting. The "BDC" is a League of Nations, if you will. It's open to representatives from communities in the Braddock District and is hosted by Supervisor Cook to encourage discussion of issues, share solutions, and improve communication between our supervisor and the communities in the Braddock District. It offers an excellent opportunity to contribute ideas and generate dialogue between the most local of governments (such as Ravensworth Farm Civic Association) and our county district.

Last month's speaker was Master Police Officer J.T. Frey of the West Springfield District Station. A number of topics were covered but I wanted to highlight a few that may be of interest (and helpful) to Ravensworth Farm.

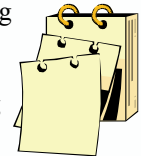
Con't Pg. 3

MARK YOUR CALENDARS!

March 21st
RFCA General Membership Meeting
7:30PM, Ravensworth ES

March 23rd
Secure Document Shredding

March 24th
Electric Sunday Recycling



March 25 - 29th
Spring Break (Fairfax County Public Schools)

April 18th
Ravensworth Pool General Membership Meeting

See pg. 13 for more Upcoming Events

**Join us on Facebook
(check the website for details):**

www.ravensworthfarm.org

Article 1, Section 3, of the Civic Association's By-Laws provides that the Association shall be strictly non-partisan, non-political, and non-sectarian. Accordingly, the invitation of elected officials and other public figures to speak at Association meetings, and the inclusion of paid political or commercial advertisements in the Farmer or in the attached flyers, do not constitute endorsements by the Association.

RAVENSWORTH FARM CIVIC ASSOCIATION

EXECUTIVE COMMITTEE

President	Kevin Joyce	703-587-7989	prez@ravensworthfarm.org
1st Vice President	Ellen Eggerton	703-321-4948	vp1@ravensworthfarm.org
2nd Vice President	Dean Fix	703-321-3048	vp2@ravensworthfarm.org
Recording Secretary	Ginger Rogers	703-321-1151	recsec@ravensworthfarm.org
Corresponding Secretary	VACANT		
Treasurer	Richmon Tun	703-321-1404	treasurer@ravensworthfarm.org

STANDING COMMITTEES

Legislative & County Affairs	Vacant		
Public Service (Streets / Sidewalks)	Tom Terry	703-209-2675	rfnw@ravensworthfarm.org
Schools & Education	Anita Bhatnagar	703-942-6806	
Green Committee	Jim Hickey	703-321-8535	
Membership & Communications	Elissa Myers	703-321-7590	
Zoning Committee	Ellen Eggerton	703-321-4948	vp1@ravensworthfarm.org

SPECIAL COMMITTEES

Entrance Committee	Marti Terry	703-209-4424	
	Brenda Soares	703-321-7856	
	Margaret Kinder	703-764-9576	
Hospitality	Jacqueline Fix	703-321-3048	hospitality@ravensworthfarm.org
	Ruth Hartman	703-321-8063	
New Neighbors	Jill Mowbray	703-865-8368	bjm820@hotmail.com
Cultural Committee			
	Spanish	Dinora Gonzalez	703-321-0160
	Korean	Seo Pani	703-321-8081
Directory	Coordinator	Stephen Beste	703-321-9110
	Advertising	Katherine Craig	703-321-3149
<i>Farmer</i>	Editor	Sara Ortiz	703-321-8757
	Preparation	Susan Deyampert	703-321-3150
	Printing, Flyers, Assembly	Laura Asiello	703-321-7840
	Distribution	Jacqueline Fix	703-321-3048
	Advertising	Katherine Craig	703-321-3149
Neighborhood Watch	Tom Terry	703-209-2675	rfnw@ravensworthfarm.org
PTA President, Ravensworth ES	Joey Stengell	703-272-8647	
Pool President	Rob Hannam	703-321-7398	
Green Thumb Garden Club	Doddie Cave	703-321-9773	
	Nancy Jarvie	703-321-8319	
Golden Ravens	Joan Crofford	703-321-7809	

Association Calendar 2012 - 2013

MONTH	BOARD MEETING	Farmer DEADLINE	FLYER DEADLINE	PRINT Farmer	DELIVERY	ASSOC. MEETING
March	Feb. 27	Feb.27	1	5	16	21
April	3	3	5	11	27	
May	1	1	3	8	18	23

General and Board meetings are held at Ravensworth Elementary School. Meetings are canceled in the event of Fairfax County Public Schools' early closing or school cancelation. Meetings are at 7:30pm unless otherwise announced.

Con't from Pg. 1

The chief concern among residents in the Braddock District is speeding. It also happens to be a big problem in RF. Accompanying J.T. was John Bower who is a security and crime prevention consultant. We chatted after the meeting and he indicated our best odds to beat this scourge is to report the incidents by phone to the two-man task force (see below) the WSP District has dedicated to combating the problem. He said to collect as much evidence as possible but it's not required. The non-emergency number, 703-691-2131, is useful for reporting this. He said that due to the county's resource constraints (again, the economy) speed bumps would be very difficult to secure and stop signs are not the most effective tool. He also said that speed bumps damage vehicles and deteriorate over time from large trucks and snowplows. The task force is very much overwhelmed by all the needs so remember the squeaky wheel gets the grease! If you have tips or suggestions for effective speed mitigating solutions please feel free to email them to me at prez@ravensworthfarm.org.

The team to contact is: S.T.R.I.K.E (Strategic Traffic and Roadway Initiatives, Knowledge & Education for Citizens); Master Police Officer Paul Pickett, paul.pickettjr@fairfaxcounty.gov, 703-644-7377 ext 2242.

Crime prevention was also addressed. Incidents of petty crime are on the rise due to stresses caused by the economy. The good news is that simple steps can be taken to prevent it. This is very true in our parks. It may come as a surprise but many who exercise in our parks often leave valuables (such as phones or credit cards) in unlocked cars! Most petty crimes are preventable by using good judgment and common sense such as not leaving your car unlocked and keeping valuables out of sight when your car is unattended. Included in this issue of the Farmer is a comprehensive list of tips you might find useful. Ravensworth is fortunate to have a below average crime rate so please do your part to keep it that way. Thieves prey on the weak and uninformed so please also consider helping those who may not be as vigilant.

Some helpful websites you can use to monitor events and crime in the West Springfield District are:

West Springfield District Station main page: www.fairfaxcounty.gov/policde/stations/westspringfield

Neighborhood Police Incident Mapping: www.fairfaxcounty.gov/police/crime

Click on "crime mapping" under "crime in our county"

Con't Pg. 4

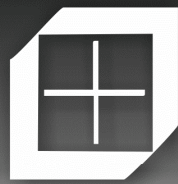
Con't from Pg. 3

Does anybody really enjoy talking to door-to-door solicitors? I'm sure there are some but if you had your choice to get rid of them would you? Unfortunately that's not an option in the world we live in but the next time you encounter one be sure to ask for their county permit. This came as a surprise to me but it's illegal to solicit in Fairfax County without a county permit. Permits must be carried on their person at all times. Some criminals may also be posing as solicitors and scouting for opportunity. Asking to see their permit tells them you may not be so easily outwitted. Don't accept excuses such as "it's with my boss", either.

Also in this issue is information about the upcoming bike rodeo. It's a fun and educational event for young riders. Check it out.

Lastly, keep in mind that next month is our annual hay ride & picnic event (April 7) and yard sale (April 27)! Both of these events are extremely popular so check the Farmer's Events page for details. If you have questions about the yard sale please send them to our Treasurer, Richmon Tun, at treasurer@ravensworthfarm.org.

Kevin Joyce, RFCA President
prez@ravensworthfarm.org



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BEAT THE WINTER BLAHS—WITH GOLDEN RAVENS

When your past is longer than your future, the stories of life become ever more precious. They are shared by the seniors in Ravensworth monthly during the gatherings of neighbors with each other at the Community of Christ Church on Inverchapel. The church graciously hosts the meetings which enables a location for connecting with others no matter what their religious traditions. On March 27, Richard Stewart, chair of the Shepherd's Center of Annandale-Springfield will present a briefing on its services and programs. So, bring your lunch and help to bring in the first day of Spring at 11:30AM. For transportation needs, call Joan Crofford at 703-321-7809

GREEN THUMB GARDEN CLUB

The Garden Club meets at 9:30am on the first Wednesday of the month. Please call co-president Nancy Jarvie at 703-321-8319 for location and activities.

VOLUNTEER CELEBRATION HELD FEBRUARY 9

article contributed by Elissa Myers

Ravensworth Farms has so many qualities that make it a great place to live – Lake Accotink, the REC Center, a great school, proximity to the beltway – but the very best thing about the community is that it IS a community. Residents make an effort to get to know each other, to take care of each other when trouble strikes, and to welcome new neighbors and bid warm farewell to those who leave. The sparks that keep this community thriving are the many volunteers who contribute their time and talent freely.

On February 9, the Ravensworth Civic Association held a party at the home of Elissa Myers and Bill Rogers to celebrate the volunteers of Ravensworth. Almost 80 Farmers came to snack, chat, and accept the praise and thanks of their neighbors. Organized by the RFCA Treasurer Richmon Tun, the party was a thank you to board members, committee chairs and members, and the Community block captains who tirelessly go door to door each year, collecting dues and distributing directories. Special commendations were made to Steve Beste who, with his wife with Linda, has been updating and coordinating the printing of the annual directory for more years than anyone can remember; and to Katherine Craig for her hard work in generating advertising support for the directory and the Farmer.

If you are one of the wonderful volunteers currently serving the community, thank you for making this a uniquely warm and safe place to live. If you aren't yet, join us! New volunteers are needed – to fill block captain vacancies, greet new neighbors, plan events, serve on the board, and more. If you are interested in becoming one of Ravensworth Farms' champion volunteers, contact RFCA president Kevin Joyce.



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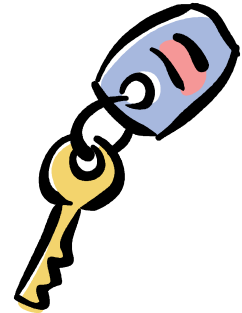
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CRIME PREVENTION TIPS FROM WEST SPRINGFIELD'S CRIME PREVENTION UNIT

Vehicle Security:

- Lock all vehicle doors
- Remove valuables from vehicle
- Absolutely never leave a GPS device affixed to the windshield when not in use. Remove and store it in the console, glove box, or- better yet- inside a home.
- Lock your vehicle even when parked in a garage
- If your vehicle has an alarm, please activate it when the vehicle is not in use
- If you have an alarm service such as On-Star, Lojack, etc. please keep current on monthly fees
- Be familiar with your vehicle information (VIN, registration number, insurance carrier) should an incident occur
- Never leave your vehicle running without someone in the vehicle
- Never leave a spare key hidden within the vehicle
- Never leave a key in the ignition when the car is unattended



Home Security:

- Lock all doors and windows to the home when away (vacation, running errands, etc.). This also holds true at night when you are sleeping.
- If the home has an alarm system, please use it and change your alarm code every once in a while. Ensure the alarm is registered with the County.
- If you have an attached garage, please close the door. If on vacation, deactivate the automatic garage door opener.
- Lock all interior doors leading to the main house. This includes basement and garage doors.
- Use exterior lighting. Flood lights, motion detectors, and lamp posts are essential to deterrence.
- Trim bushes around windows.
- Do not leave valuables in plain view of a window, such as a purse on a table next to a door or window.
- If you “hide” a door key on the exterior of the home, be sure it is WELL hidden. It’s better to give the key to a neighbor.
- If you have extension ladders in the tool shed, under a deck, etc, it’s worth securing them with a lock.
- Secure all tool sheds. They are an easy source of tools with which to gain entry to your home.
- Be conscious of open second story windows, decks, or other means criminals may use to climb to a second story window.
- Make sure deadbolts are installed on exterior doors (single key, double key).
- Consider enhanced locking devices for sliding windows (pins).
- Get to know your neighbors and your neighborhood. Watch out for one another.
- If you notice suspicious persons or activity, call the non-emergency police number (703-691-2131) and report it.



WATERSHED CLEANUP AT LAKE ACCOTINK PARK

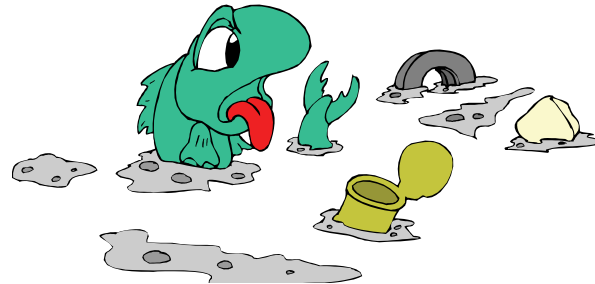
Saturday, April 6th, 9:00 am-12:00 pm

This event is perfect for families, scouts, civic organizations and school groups!

Be part of the 25th Annual Potomac River Watershed Cleanup by joining Lake Accotink Park staff and volunteers from our community to clean up the park and surrounding roadways. Every piece of trash came from someone and you'll be the one to keep it from harming wildlife and threatening fragile ecosystems. Last year, 135 volunteers at our site joined more than 14,600 across the region to remove a total of 262 tons of trash; 1,566 tires; 180,300 plastic bottles; 37,600 cigarette butts; and 31,450 plastic bags.

Interesting items collected at our park included a washer, dryer, water heater, fire extinguisher, coconut, and a Hindu goddess figurine. Come and see what you might find!

Meet at the marina to sign in and get your assignment. Gloves and trash bags provided. Bring a water bottle and dress for the weather, including sturdy shoes that can get muddy. **EVENT HELD RAIN OR SHINE.**



REQUEST FOR PROPOSAL!

The Ravensworth Farm Civic Association board is requesting proposals from members for a chance to win a grant from the 495 Express Lanes Community Grant Program. The grant program supports organizations that sustain, enhance or protect the local environment and/or neighborhood. This program offers us an opportunity to win up to \$5,000 to enhance our community and/or environment. Grants are limited to one per community and will be awarded on a quarterly basis. We are targeting the June 30 deadline so your detailed proposal needs to be submitted by May 31. Your submission must conform to all guidelines set forth by the program and include a completed application to be eligible. Proposals should be emailed to prez@ravensworhtfarm.org by May 31 and the board will vote for the winning submission on or before June 30. Details can be found here: <https://www.495expresslanes.com/grant-program>

THANK YOU, ELISSA & RICHMON

Elissa Myers, thank you for hosting the Ravensworth Farm volunteer appreciation event. Richmon Tun, thank you for organizing the volunteer appreciation event. It was a great chance to meet Farmers from various areas of the Farm, enjoy truly delicious food and beverages, and see for ourselves how difficult it is to tell that a tree landed on Elissa's home during last summer's derecho. If you're reading this and wishing you had been invited, volunteer with some aspect of the Ravensworth Farm Civic Association and you can join in at the next volunteer appreciation event.

KINDERGARTEN ORIENTATION IS APRIL 22

Kindergarten Orientation for students in the 2013-2014 Ravensworth Kindergarten class will be held on the afternoon of Monday, April 22, 2013. The program for parents and rising kindergarteners begins at 2:00p.m and will be followed by classroom visits. For additional information please contact Ravensworth Elementary's registrar, Rosana Lemaitre, at 703 426-3600 or rlemaitre@fcps.edu. If you have neighbors who will have students of Kindergarten age next year, please share this information.



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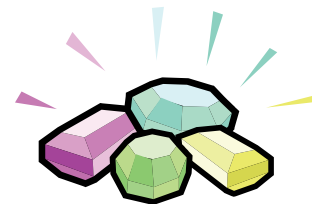
POOL GENERAL MEMBERSHIP MEETING APRIL 18

The Ravensworth Farm Pool General Membership meeting will be held on April 18, 2013, from 7pm to 9pm at the Ravensworth Elementary School cafeteria. Please come to cast your vote to help us meet our quorum so we can vote on pool business. If you cannot attend, please submit your proxy online through this link : <http://www.ravensworthfarmpool.com/member-proxy-registration>

The form is locked so that it requires that a user be logged into the pool website just like the webstore. Please contact Scott Houghton with questions - (703)598-1431.

"GEM" REVIEWS

The Ravensworth Farm Community Association board wants to encourage neighbors to share great ideas with neighbors. Whether it's an eatery, theater, tool, park, repair place, preschool, or builder, if you've found a "gem"...please share. Send reviews to rfca-farmer@ravensworthfarm.org. Thanks for sharing!



WELCOME NEW NEIGHBORS

Don't assume that someone else will tell Jill Mowbray (703-865-8368, bjm820@hotmail.com) about new neighbors. Do your part to ensure that Ravensworth Farm continues a long tradition as a welcoming community.



CLASSIFIED ADS may be placed in The *Farmer* at no cost to Ravensworth Farm residents. Classified ads may be placed by sending them to rfcfarmer@ravensworthfarm.org or to PO Box 1020, Springfield, VA 22151. The classified ad section is a service to Ravensworth residents and is not intended for business or commercial use. Ads for house sales, commercial services, etc. will be run in this section once. If you wish to repeat your ad, you will need to purchase advertising in The *Farmer*.

FOR SALE	End table \$35. Large bird cage \$35. Electric dehumidifier \$25. Brass queen size headboard \$25. Spinnet organ \$750. Call 703-537-0517.
WANTED	Good used furniture for needy low income families in the Annandale area. Needed are beds, dressers, kitchen tables & chairs, sofas, love seats, end tables lamps and TV's. Unfortunately, we cannot take sleep-sofas. Call Bill Sinclair at 703-321-7529 or the Annandale Christian Community for Action warehouse at 703-256-1991 Call the warehouse ONLY on Saturday mornings.

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YOUTH BIKE RODEO

West Springfield Police District Station's Neighborhood Patrol Unit will host a bicycle rodeo for grade school aged children (6-12) at the station on Saturday, April 6. Children will learn about bicycle safety and then participate in a challenging obstacle course that is designed to reinforce safe riding. All children who wish to participate are required to bring their own bicycle and a bicycle helmet that has been approved by the Consumer Product Safety Commission. Additionally, the police department will have several police vehicles and equipment on display.



Families are welcome to stop by anytime during the event. Group leaders with six or more children are asked to register by emailing the station at fcpdwspnpu@fairfaxcounty.gov. Please include your group name or unit number, affiliations such as "Cub Scouts" and the number of children who plan on attending.

PICNIC VOLUNTEERS NEEDED

Thank you to Jennifer Auble for volunteering to coordinate the Community Picnic in May. Given the imminent arrival of a new family member, Jennifer will need many helpers.

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Ravensworth Golden Ravens
Community Picnics and Yard Sales
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www.cofchrist-cbmc.org**

EVENTS

March 18 - 8pm - **Ravensworth Babysitting Co-op Meeting** - contact Sara Ortiz for location or more information. 703-321-8757 or slkortiz@global.t-bird.edu

March 22 - **Ravensworth Elementary Lost & Found Deadline** - Items not picked up before Spring Break will be donated to charity.

March 23 – 8am-noon – **Secure Document Shredding** - South County Government Center, 8350 Richmond Highway, Alexandria

March 24 – 10am-3pm – **Electric Sunday Recycling** - I-95 Complex, 9850 Furnace Road, Lorton

March 25 - 29 - **Spring Break**- Fairfax County Public Schools

April 7- 4-6pm – **Horse-drawn Hayride** – round trips from the Community of Christ Church on Inverchapel Rd. Sponsored by Ravensworth Farm Civic Association. Little people must bring their big people who must sign a liability waiver in order for all to ride.

April 18 - 7-9pm - **Ravensworth Pool General Membership Meeting** - Ravensworth ES cafeteria.

April 22 – 2-3pm - **Kindergarten Orientation** – Ravensworth Elementary School. For parents of children who will be five by September 30, 2013.

SIGNS OF STROKE

Stroke is a leading cause of death in the United States. Over 800,000 people die in the U.S. each year from cardiovascular disease and strokes. A stroke occurs when a clot blocks the blood supply to the brain or when a blood vessel in the brain bursts. Someone in the U.S. has a stroke every 40 seconds. Every four minutes someone dies of stroke. About 185,000 people who survive a stroke eventually have another.

Common stroke warning signs and symptoms include—

- Sudden numbness or weakness of the face, arm, or leg—especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden severe headache with no known cause.

Some research suggests that non-medical people can recognize when someone may have had a stroke by asking the person to perform the S-T-R “test.” S = smile, T = talk coherently, and R = raise both arms. If you or someone you’re with experiences the above symptoms or cannot perform the simple steps of S-T-R, call 911 immediately. Stroke damage can be mitigated by immediate treatment. Don’t pass the symptoms off as a temporary problem.

You can’t control some stroke risk factors, such as heredity, age, gender, and ethnicity. Some medical conditions, including high blood pressure, high cholesterol, heart disease, diabetes, overweight or obesity, and previous stroke or transient ischemic attack (TIA), can raise your stroke risk. Not smoking, not drinking excessively, and getting exercise are all choices you can make to reduce your risk of stroke.

Sources: CDC division for Heart Disease & Stroke Prevention, http://www.cdc.gov/dhdsdp/data_statistics/fact_sheets/fs_stroke.htm, October 7, 2012 and <http://www.snopes.com/medical/disease/stroke.asp>

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TECH-DISTRACTED TEENS TWICE AS LIKELY TO GET HIT

By Shayna Brouker • Health in a Heartbeat; University of Florida and Shands Healthcare; January 4, 2013

Here's one more reason to put the phone away — and look twice before you cross the street, no matter how old you are. New research shows that teens are twice as likely as adults to get hit by a car because they were distracted by a phone or iPod. Eighteen percent of teen pedestrians hit by cars had been using a device versus nine percent of adults.

The study, presented at the American Academy of Pediatrics national conference, looked at the causes of pedestrian car accidents. Researchers studied 1,000 accidents finding that 13 percent of injured pedestrians were children. They found that 80 percent of teenagers had been unsupervised, and that jaywalking, darting into the street and using an electronic device were the most common culprits of accidents involving kids. Researchers call this type of distraction “inattentional blindness.”

A past study published in the journal *Injury Prevention* found that accidents involving pedestrians wearing headphones resulted in fatalities nearly three-quarters of the time. And then there's the hazard of driving while talking — or worse, texting.

Another study found that drivers on cell phones clog traffic and drive slower. And don't think hands-free devices are the answer — the conversation itself is the culprit. Reaction times for young adults become as slow as those of senior citizens, and drivers talking on cell phones are four times more likely to be in an accident.

The solution for safer cell phone use as a pedestrian is to simply wait until you are stationary. Keep your head up and eyes ahead — and keep headphones out of your ears. While driving, don't eat and avoid fiddling with the radio. Remember that you're operating a several-ton piece of metal with very precious cargo inside. And most importantly, definitely don't use your cell phone.

Source: <http://news.health.ufl.edu/2013/20768/multimedia/health-in-a-heartbeat/tech-distracted-teens-twice-as-likely-to-get-hit/>

FAIRFAX BOARD OKS HOME DAY CARE CHANGES

William Callahan, writing on AnnandalePatch.com, Dec 4, 2012
Home day care centers in Fairfax County will soon become safer.

The Fairfax County Board of Supervisors has unanimously approved making changes to regulations on home day care centers, requiring more hours of training as well as fire safety measures.

During its recent meeting, the Board voted to adopt amendments to the Home Child Care Facilities Ordinance. Providers will now have to attend 16 hours of training instead of the original 12 and undergo tuberculosis screenings, as well as install carbon monoxide detectors to comply with county fire safety codes.

“These amendments reflect recommendations and input from a variety of county agencies and outline the best practices in the field,” said Monica Jackson, speaking on behalf of the Child Care Advisory Council. “The proposed amendments are intended to support the health and safety of children and the council believes that the revision and further support that we are requesting will enhance the quality of care in our community.”

The original amendments to the ordinance contained a requirement of a landline telephone, but Supervisor Pat Herity (R-Springfield) successfully passed a motion to make it optional, arguing that cell phones were more practical, reliable and affordable.

Con't Pg. 16

Con't from Pg. 15

"I continue to believe that the landline requirement is a cost that's not worth the benefit," he said, noting that it could cost providers up to \$500 a year.

Supervisor Jeff McKay (D-Lee) agreed. "My main concern is with, especially the smaller childcare centers we have, it is a significant cost," McKay said. "It's not as if there isn't another technology available ... I haven't had a landline in my house for probably 15 years." But Supervisor Cathy Hudgins (D-Hunter Mill) said that the safety of kids was more important than the cost of the landlines.

Fire officials said that when a 911 call comes in from a landline, an address for the call automatically pops up on the emergency operator's computer screen, making it easier for safety personnel to locate the call. There's currently no similar service for cell phones, fire officials said.

Supervisors said that home day care providers could certainly have landlines in their homes, but the Board just didn't want to say that they had to.

Herrity's amendment to make landlines optional passed 6-3. Hudgins, Penny Gross (D-Mason) and Linda Smyth (D-Providence) voted against the amendment. Supervisor Gerry Hyland (D-Mount Vernon) was absent from the meeting.

The Board did not discuss changes to the number of children a home day care facility is allowed to have, a topic of hot debate over the summer. It is expected to come up in 2013.

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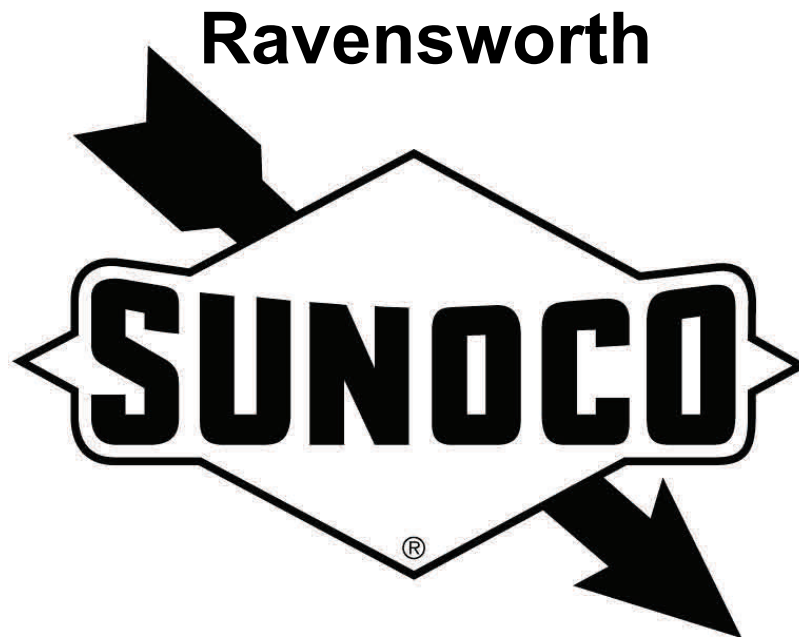
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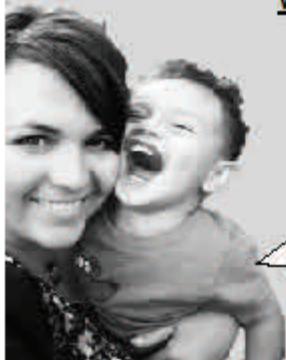


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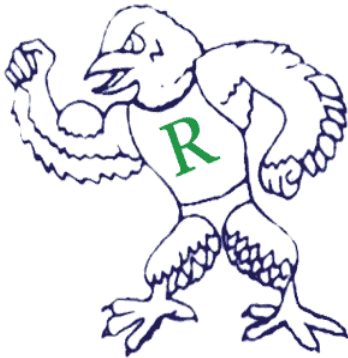
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