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RAVENSWORTH PLANTATION, VA.

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

May 2016

The Ravensworth *Farmer*

Issue 7

**SERVE IN YOUR COMMUNITY!
CIVIC ASSOC. ELECTIONS**

Elections for the Fall 2016-Summer 2017 Ravensworth Farm Civic Association board will be held Thursday, May 26 during the General Meeting of the Civic Association. While some members of the Board are able to serve again, there are several vacancies. Please consider serving on your Civic Association's board. If you are interested in serving, contact Kevin Joyce or any other member of the current Board for more information on the positions. Homeowners and renters in Ravensworth Farm are eligible to serve on the Board.



- President - VACANT - Kevin Joyce stepping down as they prepare for the arrival of a little Joyce this summer
- 1st Vice President - VACANT
- 2nd Vice President - Scott Houghton - willing to serve again
- Treasurer - Heather Scott - willing to serve again
- Corresponding Secretary - VACANT
- Recording Secretary - Ginger Rogers - willing to serve again

**GENERAL MEMBERSHIP
MEETING, MAY 26**

Thursday, May 26 @ 7:30PM

Community of Christ Church on Inverchapel

Tyler Small, resident of Ravensworth Farm and professional home inspector, will talk about maintenance and repair issues for our homes here in Ravensworth.

IN THIS ISSUE

Nominate an Environmental Hero, pg. 4

Ravensworth Farms' Own Farmers Market, pg. 8

Pool News, pg. 8

History of Ravensworth Plantation, pg. 9

Upcoming Events, pg. 17

Coyote Awareness Tips, pg. 22

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	VACANT		vp1@ravensworthfarm.org
2nd Vice President	Scott Houghton	703-321-7320	vp2@ravensworthfarm.org
Recording Secretary	Ginger Rogers	703-321-1151	recsec@ravensworthfarm.org
Corresponding Secretary	VACANT		
Treasurer	Heather Scott		treasurer@ravensworthfarm.org

STANDING COMMITTEES

Public Service (Streets / Sidewalks)	Tom Terry	703-209-2675	rfnw@ravensworthfarm.org
Schools & Education	Jill Mowbray Maria Dastur	703-865-8368	bjm820@hotmail.com mariacdastur@gmail.com
Green Committee	Jim Hickey	703-321-8535	
Membership & Communications	Elissa Myers	703-321-7590	
Zoning Committee	Ellen Eggerton	703-321-4948	

SPECIAL COMMITTEES

Entrance Committee	Marti Terry Brenda Soares Margaret Kinder	703-209-4424 703-321-7856 703-764-9576	
Hospitality	Jacqueline Fix Ruth Hartman	703-321-3048 703-321-8063	hospitality@ravensworthfarm.org
New Neighbors	Pam Ryan	703-447-6283	pkryan74@gmail.com
Cultural Committee			
	Spanish Korean	Dinora Gonzalez Seo Pani	703-321-0160 703-321-8081
Directory	Coordinator Advertising	Stephen Beste Katherine Craig	703-321-9110 703-321-3149
Farmer	Editor Preparation Printing, Flyers Distribution Advertising	Sara Ortiz Susan Deyampert Laura Asiello Jacqueline Fix Katherine Craig	703-321-8757 703-321-3150 703-321-7840 703-321-3048 703-321-3149
			rfcfarmer@ravensworthfarm.org jfasiello@aol.com hospitality@ravensworthfarm.org
Neighborhood Watch	Tom Terry	703-209-2675	rfnw@ravensworthfarm.org
Community Organizations			
	PTA President, Ravensworth ES	Jodi Constantino	president@ravensworthpta.org
	Pool President	Rob Hannam	703-321-7398
	Green Thumb Garden Club	Ursula Schuttinga	703-321-3535
	Golden Ravens	Joan Crofford	703-321-7809

Association Meetings & Deadlines 2015 - 2016

MONTH	BOARD MEETING	<i>Farmer</i> DEADLINE	FLYER DEADLINE	DELIVERY	EVENTS
May	Tues. 3	2	5	21	May 7—Yard/Plant Sale May 26—RFCA Meeting

General and Board Meetings and Events are held at Community of Christ Church on Inverchapel Road unless otherwise noted. Meetings are 7:30pm unless otherwise announced.

GREEN THUMB GARDEN CLUB

We had a full house at our April meeting where we were treated to a talk on Spring Wildflowers of Northern Virginia. Nancy Vehrs, President of the Virginia Native Plant Society led the talk and was joined by Harry Glasgow. Nancy and Harry make a great team and not only was the presentation informative and colorful; it was also full of humor and great anecdotes.

Our final meeting before we break for the summer will be Wednesday, June 1. As always, new members are welcome, and may contact our President, Ursula at 703-321-3535 or littlebear23@verizon.net.

WHEN YOU THINK ABOUT IT- THINK GOLDEN RAVENS

Many retired folks in Ravensworth Farm would add immensely to the social support of seniors by just showing up. Folks living alone, and those no longer connected for employment might find the monthly meetings and lunch dates something to look forward to. People need people. Think about it...and call Joan Crofford for the latest meetup schedule. Mark your calendar on the fourth Wednesday for Golden Ravens. Call 703-321-7809.

BOY SCOUT TROOP 991 - OUTDOOR ADVENTURES!

The boys are now preparing for summer fun! We've been camping this spring throughout the Shenandoah Valley and just finished our adventurous Spring Camporee at Camp Snyder, Haymarket. We are now making plans for June at Solomons, Maryland to hone our outdoor skills in preparation for the best part of the year - summer camp! Please join us this July as we head to Camp Henson, Delaware where we'll swim, make friends and learn valuable life-long Scouting skills while having the time of our lives!

Come join us for our next adventure! Boy Scouting: 6th – 12th grade boys. Visit us Wednesday nights - 7:30pm @ Kings Park Elementary School. Scoutmaster Bill Mitchell @ 703-321-8072 or mitchwt@cox.net
<http://www.troop991.com/>

REPAVING RAVENSWORTH FARM

Through June 2017, VDOT plans to resurface almost 1,300 miles of roads in Fairfax, Prince William, Loudoun, and Arlington counties. Ravensworth Farm is on the list to be repaved by November 2016! As each area of the neighborhood is scheduled, we should receive 10 days' notice about areas where we'll need to avoid parking. To see weekly updates, visit http://www.virginiadot.org/projects/northern_virginia/northern_virginia_paving_program.asp



HOME INSPECTOR ON HOME MAINTENANCE @ CIVIC ASSOCIATION MEETING

Tyler Small, resident of Ravensworth Farm and professional home inspector, will talk about maintenance and repair issues for our homes here in Ravensworth. He will talk about places and items he checks when doing a home inspection and what you should regularly check and maintenance you should never skip in your home. If you have questions about maintaining your home, what to look for when buying a home, and what home inspectors will look for in a home you're selling, this is the Civic Association meeting for you! Join us at 7:30pm at Community of Christ Church on Thursday, May 26.



NOMINATE AN ENVIRONMENTAL HERO

If you know an environmental hero, nominate them for the 2016 Environmental Excellence Awards! Individuals, organizations, businesses and county employees are eligible. Nominations are due May 31.



The awards recognize people, organizations or businesses that advance or support the county's environmental goals and initiatives, dedicate their time, energy or expertise beyond their normal work or civic responsibilities, and serve as a role model for individuals and communities

A nominee's environmental achievements must have occurred between June 1, 2015, to May 31, 2016—or over a period of years that includes a portion of this timeframe. Award recipients are selected by the Environmental Quality Advisory Council, and the awards will be formally presented this fall before the Fairfax County Board of Supervisors. These awards support Fairfax's Strategic Economic Success Plan that calls for implementing the board's Environmental Agenda. For questions or more information,

EQAC@fairfaxcounty.gov or call Fairfax County's Environmental Coordinator at 703-324-1788.

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RAVENSWORTH FARM'S OWN FARMER'S MARKET

Around Mother's Day, Ravensworth Farm will get its own mini farmer's market. Our resident farmers, Nadeem, Juli, and Muhammad Yousaf, will bring their excess production to 5406 Queensberry Avenue on Sundays. They will have raw honey, fresh eggs, and various vegetables and cut flowers depending on the season. From time to time, they may also offer grass-fed beef, lamb, or chicken.



Nadeem and Juli began farming at Yousaf Farm in Catlett, Virginia four years ago when they moved there from Ravensworth Farm. Nadeem's father, Muhammad, who farmed sugarcane before joining the foreign service and then working for the Washington Times, still lives in Ravensworth Farm but gets in on the farming several days a week. Nadeem and Juli decided to farm after they realized they wanted their children to grow up in an atmosphere where they could be kids as long as they wanted to. Nadeem joined the Beginning Farmer Program, a joint offering of the Fauquier County Extension Office and Virginia Tech, to learn about every facet of farming from crops to livestock to marketing. Nadeem and Juli have both kept their "day jobs" as they learn the ins and outs of farming. Project management and nursing have fewer weather-related income interruptions than farming!

Nadeem and Juli bought their first cow, Penny, even before they closed on the purchase of the house and farm. When Penny produced more milk than the extended family could use, they reassessed and decided to buy their milk from their Mennonite neighbors and raise calves for beef. After losing some calves during the very cold winter of 2014, they got their beef herd going. They also ventured into sheep, finally settling on a type of hair sheep called the Black Belly Barbados. This breed of sheep proved particularly parasite-resistant so that they could fulfill their dream of raising organic, GMO-free, chemical-free animals and plants. When the cow got ticks, that dream looked uncertain until their neighbors tipped them off that Guinea hens are natural predators of ticks. With the advent of a flock of Guinea hens on the farm, the livestock and the farmers have been tick-free. In addition, the Guinea fowl serve as an early warning system when unknown people come on the farm. Between the guinea hens, high-quality hay, non-GMO chicken feed from Sunrise Feeds in southern Virginia, and a milder winter in 2016, the livestock side of farming is doing well. Now Yousaf Farm is turning to vegetables. After experimenting last summer, Nadeem expects to have more this summer than they can use themselves. With all the proper permits, certificates, and licenses in hand, they will now be able to offer the proceeds of their Friday and Saturday harvests to the residents of Ravensworth Farm on Sundays at 5406 Queensberry Avenue. You can follow their farm and product availability at [Facebook.com/YousafFarm](https://www.facebook.com/YousafFarm).

POOL FUN

The Pool opens May 28. It's not too late to join, though the early birds got the discounts. See the Calendar of Events in this Farmer for some of the MANY fun events planned for the pool season. Check out www.RavensworthFarmPool.com and/or the bulletin board in the pool vestibule for a complete schedule as events get closer. It's going to be a GREAT summer!

Pool events open to members and not-yet-members include:

Cinco de Mayo party - The entire community is invited to our first party as we celebrate Cinco de Mayo on Saturday May 7 (ADULTS ONLY) from 6-9. The chips and salsa will be flowing as we boogie to a live DJ! Please bring a dish to share with your neighbors for this Pumpin' Potluck Party! Also- bring your own alcohol. We will have mixers, sodas, and water on hand. The pool will have water but will not yet be open for swimming so we really must enforce the "adults only" aspect of the party.

Opening Day - Saturday, May 28 - FREE POOL ACCESS FOR EVERYONE. From 11-2 the Activities Team will be present with raffle prizes every hour. Indulge in free popcorn and cotton candy. If you need a frozen treat or drink, the snack bar will be open all day. Stay all day or come back for dinner. There will be a Food Truck in the evening.

Elementary Night - Students (rising kindergarten through sixth grade) are welcome to Elementary Night on June 24 from 5-9pm. Admission to this night of fun is \$5/student. (A parent must also attend.) Pizza and a drink are included, as are door prizes, water games, and a live DJ. Volunteers are needed. Contact any of the Activities Team- Melanie Bennet, Angie Morris or Dana Kruthoff- to volunteer.

HISTORY OF RAVENSWORTH PLANTATION

You missed a treat at the March 31 Civic Association meeting when local historian and Ravensworth Farm resident Mary Lipsey spoke on the history of Ravensworth Plantation and the Ravensworth mansion's longest resident.

William Fitzhugh, the original Fitzhugh immigrant in the 1600s, eventually owned 22,000 acres spreading from Lake Barcroft to Stafford. His own home was in Fredericksburg but portions of his holdings were distributed to various family members so that in the late 1700s there were three Fitzhugh homes in this area. Ravensworth mansion was located near what is now the Port Royal Road industrial area. The mansion had its own private "Lee Station" railroad siding where the train could be flagged to stop if someone from the household needed to board it. Ossian Hall, now destroyed, was across Braddock Road and Oak Hill on Wakefield Chapel Road, now in private hands but open to the public the last Saturday of each September, were the other Fitzhugh mansions.

A great-grandson of the immigrant William Fitzhugh, also named William, built the Ravensworth mansion. His daughter married Martha Washington's grandson and became the lady of Arlington House. His son, William H. Fitzhugh, inherited the Ravensworth Estate, then primarily a tobacco plantation with around 200 slaves. He died childless at an early age. William H. left the 8,000 acre Ravensworth Estate in trust to his wife Anna Maria during her lifetime with the estate to pass to his sister's daughter, Mary Custis, upon Anna Maria's death. William H. Fitzhugh's slaves were freed in his will.

The niece, Mary Custis, was married to her childhood friend, an army officer named Robert E. Lee. Lee himself had lived in the Fitzhugh family's Alexandria townhouse with his mother after his father left the country to escape his debts and William H. Fitzhugh had sponsored his appointment to West Point. Robert and Mary Lee spent part of their honeymoon on the Ravensworth Estate. Robert E. Lee was with Anna Maria Fitzhugh in the Alexandria house just before he went to Richmond to join the Confederate cause.

Mrs. Fitzhugh was herself against the confederacy and returned to Ravensworth plantation to protect the house. Her niece, Mary Lee, forced to leave Arlington House stayed at Ravensworth with her aunt for a month before General Lee convinced her to leave in order to keep the Union Army from coming down on Mrs. Fitzhugh and Ravensworth. Nonetheless, Mrs. Fitzhugh found herself in a "no man's land" between two armies. General Winfield Scott, of the Union Army, gave her a pass to keep the house, household, and property safe. The land was used by Union soldiers and Mrs. Fitzhugh's letters to her friend Mrs. Dickens, who lived across Braddock Road at Ossian Hall, reported that she frequently heard bands and marching on Braddock Road. General Scott's pass notwithstanding, 106,000+ cords of wood were cut from Ravensworth Plantation. The Union agreed to pay her \$3/cord after the war if she proved loyal throughout the war. Mrs. Fitzhugh also received visits from passing Confederate officers who were friends and neighbors from before the war. These visits put her loyalty into just sufficient doubt that Congress ultimately decided not to pay her.

Robert E. Lee visited Mrs. Fitzhugh at Ravensworth just before his death in 1870. Mrs. Lee died in 1873 and Mrs. Fitzhugh, who held Ravensworth in trust for Mrs. Lee and her descendants, died the year after. The six surviving Lee children inherited the house and land. They operated Ravensworth as a "gentleman's farm" and, later, as a summer home. In 1926, Ravensworth mansion burned down due to arson. Only a few possessions were saved. The Lee family built a farmhouse on the mansion's foundation. A Lee daughter-in-law lived there into the 1950s and sold the remainder of the estate for development in 1957. Today, Springfield, North Springfield, Bristow, Ravensworth Farm, and West Springfield all occupy former Ravensworth Plantation land. The farmhouse no longer exists.

Editor's Note: I apologize to Mary Lipsey for any incorrect or incomplete information above. Mary was such a fount of knowledge on the subject of Ravensworth and Anna Maria Fitzhugh that I was not able to take notes fast enough to get it all down correctly.

NEW MOBILE APP PROVIDES CUSTOMERS WITH TRAFFIC INFO IN REAL-TIME

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WHAT'S IN THE CIVIC ASSOCIATION FOR ME?

Your \$10 membership (until June 2016) helps cover the cost of writing, printing, and delivering this newsletter to all 858 homes in Ravensworth Farm eight times per year.

In addition to The Ravensworth Farmer and the Ravensworth Farm Directory, the Civic Association also funds:

- three informative general meetings per year,
- community-wide costume parade and Fall Festival,
- holiday decoration judging,
- summer picnic/BBQ/bash,
- maintenance of the plants and signs at the three community entrances,
- donations to the Scouts and the school,
- advertising of the spring community-wide yard sale,
- community large-trash-items clean-up day every spring, and
- many other activities and community-care needs.



Your dues also cover the cost of updating and printing the Ravensworth Farm Community Directory each year. The Directory is only available to members. In addition to providing the names, addresses and phone numbers for your neighbors (so you'll know where to go to pick up those items being offered on the Facebook page), the Directory also provides you with emergency numbers (for when your internet is dead), and useful non-emergency numbers. It contains the history of Ravensworth Farm and the Covenants and Restrictions associated with the neighborhood. It even contains contact information for youth looking to work! If you need a teen to babysit, pet sit, shovel, rake, or wash your car, just \$10 gets you a copy of this coveted list.

If you aren't a member, contact Elissa Myers to become a member - 703-321-7590 or elissa@elissamyers.com. It would be great to welcome every one of our 858 households into the Civic Association! If you're not sure if you're a member, check the cover of your directory. If it's purple and says 2016, you're a member. If it's not, you're not a member and you're getting this newsletter without helping cover its cost.

BRADDOCK'S COMMUNITY CHAMPION IS OUR NEIGHBOR!

Jim Bertolini, dedicated volunteer in Fairfax County and resident of Ravensworth Farm, was recognized on Friday, April 8 for his outstanding contributions to the community and to his neighbors. Mr. Bertolini was selected by Supervisor John C. Cook as Braddock District's 2016 "Community Champion". This award is given annually by Volunteer Fairfax and recognizes volunteers from across the County who make a real difference in the lives of their neighbors. Mr. Bertolini assisted his neighbor, Joan Crofford, in reorganizing her home. The effort put forth by Mr. Bertolini and the neighbors he helped organize helped Ms. Crofford stay in her home.

Mr. Bertolini has also been known to get groceries for neighbors with disabilities and worked to find a permanent shelter solution for a young homeless man who had been sleeping on a bench near Accotink Park for weeks. Fairfax County is grateful for his service, and looks forward to reading more about his incredible achievements in the future.

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MEET YOUR NEIGHBORS - BE A BLOCK CAPTAIN

Block captains deliver pre-paid Directory orders and sign up new Civic Association members and deliver Directories on the spot. Forty of your neighbors volunteered last year. However, many streets didn't have active block captains so membership was down- resulting in a significant reduction in budget for Civic Association activities. Sign up for a block near you or be adventurous and visit the other side of the neighborhood! Contact Elissa Myers to be a block captain- 703-321-7590 or elissa@elissamyers.com.

WELCOME NEW NEIGHBORS

New folks move in all the time, especially over the spring and summer. If you have new neighbors, tell Pam Ryan. If you are a new neighbor- welcome! Please let Pam know you have arrived so that one of her New Neighbor Committee members can stop by with information and some goodies. Pam Ryan (703-447-6283; pkryan74@gmail.com).

CONDOLENCES

Kathryn "Kay" Anderson of Moultrie Road passed away on March 9. She was 86. Kay and her late husband Bob were long-time residents of Ravensworth Farm. Kay was an active member of the Garden Club and Red Hat Society and past-president of the Golden Ravens. She was an avid gardener and dog lover. She is survived by her children Bob and Anna Anderson, grandchildren and great-grandchildren. Services were held March 13. She will be interred at Arlington National Ceremony at a future date.



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	White chest, 4 drawers, 40" high and 25" wide. Call Dorothy 703-537-0517
FOR SALE	FRESH eggs, honey and veggies straight from the local Yousaf Farms coming to Ravensworth. Selling items via road side (Queensberry Ave.) beginning in May 2016. We use non-gmo feeds, organic fertilizer, allow free range and use sustainable methods. Get Healthy with us!!!
HELP DC HOMELESS	Usable clothing and shoes, blankets, canned foods, etc., collected by a charitable foundation for the winter needs of homeless folks in D.C. Call for free pickups 703703-321-9268. For details, visit www.Kassirfoundation.org .
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.

REUSABLE BAGS MAY INFLUENCE SHOPPING HABITS

With consumers using nearly 1 trillion plastic bags each year worldwide, reusable grocery bags provide an environmentally conscious alternative. While these bags help to reduce our impact on the environment, they might also be influencing the way we buy food.

In a study in the Journal of Marketing, researchers from Duke University and Harvard University observed shoppers in California from May 2005 to March 2007 who both brought their own bags and used plastic bags. They found that shoppers who brought their own bags were more likely to buy organic produce than the shoppers who used plastic bags. Another interesting finding, however, was that shoppers who brought their own bags also purchased more junk food than the plastic bag users.



The reasoning behind this change, the researchers said, was that grocery shoppers who brought their own bags felt “virtuous” about helping the environment, so they felt the need to treat themselves with products with lots of fat, salt or sugar. The researchers say this phenomenon is called “licensing.” On top of buying unhealthy foods, the researchers found reusable bag shoppers ended up spending around \$12 more per week on groceries than plastic bag users.

The study’s researchers believe that this insight could have implications for store managers who want to increase sales. In grocery stores where reusable bags are popular, the researchers suggest that managers should market organic foods as indulgences so that the reusable bag shoppers would want to purchase those items. The next time you’re at the grocery store with your reusable bags, keep this study in mind when you reach for junk food. Perhaps consider a fancy fruit to be your treat.

Source: University of FL Health Sciences Center, 20 September 2015



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EVENTS

Something to add? Email RFCAFarmer@ravensworthfarm.org or call 703-321-8757 to add to the calendar of events.

- **May 7 - 8am-1pm - **Ravensworth Farm Community-wide Yard Sale**, Pool Parking Lot (Rain date: May 14)
- May 7 - 8am-noon - **Garden Club Plant Sale**, Pool Parking Lot (Rain date: May 14)
- May 7 - 6-9pm - Adults-only **Cinco de Mayo** at the Pool. The chips and salsa will be flowing as we boogie to a live DJ! Please bring a dish to share with your neighbors for this Pumpin' Potluck Party! We will have mixers, sodas, and water on hand.
- **May 26 - **RF Civic Association General Meeting**, Community of Christ on Inverchapel Rd
- May 28 - 11-8 - Pool Opens/**Pool Open House**, non-members are welcome to check out the pool today. Popcorn, cotton candy, prizes on the hour from 11-2, food truck in evening
- May 30 - Memorial Day Holiday
- June 1 - Last **Garden Club meeting** until fall
- June 11 - **Pool Adult Night**, Cornhole Battle #1 and Luau/Daquiri theme (costumes/accessories encouraged) members only
- June 23 - Last day of school
- June 24 - 5-9pm, Elementary Night at the **Pool**, \$5 rising kindergarten - 6th grade and parent (required)
- Recurring Summer Events for Pool Members**
- Wednesdays-11:50-1:00- Bingo Lunch Bunch (during Fledgling season), BYO Lunch
- Wednesday and Sunday nights Raft Night (clear rafts only)
- Thursdays- Sand Volleyball, ages 3-adult, 6:30-8:00
- July 4 - 1-3pm - Fourth of July Party at the **Pool**, belly flop contest and more (members only)
- July 23 - **Pool Adult Night**, Cornhole Battle #2 and Fan theme (wear your favorite team's clothing), Beer Pong/Flip Cup (members only)
- August 6 - **Pool Adult Night**, Cornhole Battle #3 and Board Games/Card Games night (members only)
- August 12 - 7pm-12am - **Teen Night at the Pool**, Teens ONLY, live DJ, food, and fun! Lock-in until midnight. Adult volunteers needed
- September 4 - **Family Olympics at the Pool** (members only)
- September 5 - **Pool Clean-Up Day** We need YOU!
- October 1 - **Oktoberfest at the Pool**
- October 31 - **Trunk or Treat at the Pool** (everyone invited)

HARSH PENALTIES FOR TEENS' NIGHT DRIVING VIOLATIONS CURB CRASH RATES

According to the Centers for Disease Control and Prevention, 16- to 19-year-olds face a greater risk of traffic crashes than any other age group.

Massachusetts lawmakers implemented a no-nonsense law several years ago to help reduce the risk of crashes for these young drivers. One of the key provisions of the new law ... and perhaps the most attention getting for young drivers ... is increased penalties for violating the daily driving curfew. The curfew is in effect from 12:30 a.m. to 5 a.m. Previously, the punishment for driving without a supervising adult during this time had been a \$35 fine for first-time offenders and fines up to \$100 for repeat incidents. But the new penalties hit teen drivers where it really hurts: a 60-day driver's license suspension for the first violation, with increases to 180 days and one year for second- and third-timers, respectively. Plus, any repeat violations require additional training for the teen driver. The law also called for a new driving training curriculum that addresses drowsy driving, as well as greater penalties for dangerous driving behaviors, restrictions on underage passengers and other provisions.

Data from a six-year timeframe, including one year before the law changed and five years after, showed definite improvements. Crashes involving 16- and 17-year-old drivers declined nearly 19 percent, while 18- to 19-year-olds saw about a 7 percent decrease. Traffic accidents that caused an "incapacitating injury" or death were reduced for all drivers. One of the study authors said teens are less able than adults to resist the urge to sleep. It makes sense, then, that ratcheting up penalties for night-time driving violations was the biggest key to reducing crashes.

Source: 13 Sep 2015, University of FL Health Science Center

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FAIRFAX COUNTY FAMILY CAREGIVER SUPPORT PROGRAM

The Fairfax County Family Caregiver Support Program provides free seminars and trainings on issues such as providing care, handling finances, handling stress, legal issues, Medicare, etc. Go online to <http://www.fairfaxcounty.gov/dfs/olderadultservices/> or call 703-324-7948, for more information.

Caregiver Support Groups

Fairfax County Family Caregiver Program provides support for the physical and emotional challenges involved with caregiving. Support groups - whether by phone or in person - can help. In-person Caregiver Support Groups meet in the Annandale, McLean and Mt. Vernon areas. These support groups are led by nurses and take place at three of the county's Adult Day Health Care Centers. You do not need a family member enrolled in one of the centers to join.

Caregiver Telephone Support Groups in English - from the comfort of your own home, join a free support group facilitated by a county social worker each month on second Tuesdays. Register online (find the link at <http://www.fairfaxcounty.gov/dfs/olderadultservices/>) or call 703-324-5484. An Access Phone Number & Code will be provided to registered participants. Korean speakers can also join a free caregiver telephone support group. Call 703-324-7948.

Find Caregiver Support

Find caregiver support groups sponsored by nonprofit organizations throughout the county. Go to SeniorNavigator and search for "caregiver support groups."
<http://www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm>

For information on public and private pay services for older adults, caregivers and people with disabilities call 703-324-7948, between 8 a.m. to 4:30 p.m., Monday-Friday; or use the online form and they will call you.



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COYOTE AWARENESS TIPS

By Fairfax County Police Dept Public Affairs Bureau on January 11, 2016

Wildlife officials have experienced an increase in the number of calls reporting coyotes in recent months across Fairfax County. Coyotes are now established and widespread in Fairfax County so it is important for residents to know and understand a bit more about them.

Coyotes are opportunistic foragers with diverse diets that commonly prey on small animals such as mice, rats, voles and rabbits but will also readily eat fruits, plants and carrion. Coyotes may mistake small, unattended pets including cats and small dogs as prey due to their similar size to natural prey. Coyotes are territorial and may view larger dogs as potential competitors, particularly from January to June while mating and birthing pups.

Most coyote encounters in residential areas stem from attractants in the form of available food or den sites. In urban areas, garbage, compost and pet food may become alternative food sources. Feeding or unintentionally providing a food source for coyotes is a primary concern by wildlife biologists as these actions may result in coyotes becoming less wary of humans or cause them to display bold and aggressive behaviors as a consequence of being fed.

Precautions should be taken in areas where coyotes are active to minimize encounters with people and their pets. Preventive practices such as reduction and removal of food attractants, habitat modification and responding appropriately when interacting with wildlife are keys to minimizing the likelihood of conflicts with coyotes.

Never feed or attempt to “tame” a coyote.

- Place garbage in a container, such as a metal trash can with latches on the lid or secure with bungee cords.
- Do not feed pets outside or store pet food outside.
- Pick up ripe, fallen fruit and do not let it accumulate on the ground.
- Put away bird feeders at night to avoid attracting small rodents and other coyote prey.
- Close up all openings under porches/decks, crawl spaces or out-buildings where animals might establish dens.
- Keep small pets inside and do not leave unattended when outside.
- Provide secure shelters for poultry, rabbits, and other vulnerable animals.
- Be alert at dusk and dawn. Coyotes are most active at night and early morning hours; however, they may be active during the day in search of food or denning sites.

If a coyote is sighted, use hazing techniques to frighten them from the property:

- Yell and wave your arms at the coyote.
- Use noisemakers such as whistles, air horns, bells, “shaker” cans full of marbles or pennies.
- Throw non-edible objects in the direction of the coyote including sticks, small rocks, cans, or tennis balls.
- Spray the coyote with a water hose, or spray bottles with vinegar water, pepper spray or bear repellent.
- Install motion sensor lights or a motion-activated sprinkler around your home.
- Install fencing to keep coyotes out of yards. Fencing should be at least 6 feet tall, have an outward slanting overhang or roller-type device to prevent coyotes from climbing or jumping, and have an L-shaped mesh apron buried one to two feet to deter digging. Few fences are completely coyote-proof.

If these techniques do not solve the problem, Virginia regulations allow nuisance coyotes to be removed by a licensed trapper or critter removal service. It is illegal in Virginia to trap and relocate wildlife to another area without a license. <http://www.dgif.virginia.gov/wildlife/problems/coyotes/>

If coyotes are behaving aggressively or appear sick or injured, contact the Fairfax County Police non-emergency number at 703-691-2131.

For additional information on managing wildlife interactions and resolving human-wildlife conflicts, the Virginia Wildlife Conflict Helpline is available toll-free at (855) 571-9003, 8:00AM-4:30PM, Monday through Friday. This helpline is a collaborative effort between the Virginia Department of Game and Inland Fisheries and the U.S. Department of Agriculture – Wildlife Services.

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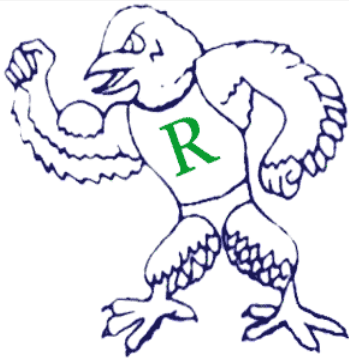
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