

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

Springfield, Virginia

December 2016

#### The Ravensworth Farmer

Issue 3

#### FROM THE PRESIDENT

Dear Farmers,

It is again a pleasure to address you. On October 27, 2016, in response to recent concern about break-ins, we discussed home security at the RFCA General Membership Meeting. It was an excellent and well-attended gathering of neighbors. For those who did not make it to the meeting, instead of reprising the entire presentation and discussion, I shall provide a list of simple home security tips we can all implement with little effort or expense.

- Explore the numerous options for affordable DIY alarms and camera systems. You can find several upto-date buyers' guides on cnet.com. Even dummy cameras are effective deterrents.
- 2. Get a dog, preferably a larger barky dog.
- 3. Maintain your home's appearance so that it looks lived in.
- Install outdoor lighting with a dusk to dawn switch and/or motion sensors.
- 5. Don't advertise major purchases or what valuables you own. Cut up large boxes and place them in the trashcan rather than simply placing them on the curb. Perhaps more importantly, don't display NRA stickers. Firearms are prime burglary targets.
- 6. Never allow a solicitor inside your home.

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#### **UPCOMING EVENTS**

Bull Run Festival of Lights, Now - Jan. 8

Parkwood Baptist Church Walk Through Bethlehem, Dec. 10 & 11

Ravensworth Farm Holiday Lights Judging, Dec. 14-18

Annual Chanukah Party, Dec. 28

Check pg. 22 for a complete list of Events!

Con't Pg. 3

Article I, 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.

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•	THE NAVEHSWOTH <b>FRIENCE</b>	

RAVENSWORTH FARM CIVIC ASSOCIATION EXECUTIVE COMMITTEE			
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Green Committee	Jim Hickey	703-321-8535		
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Zoning Committee	Ellen Eggerton	703-321-4948		

#### SPECIAL COMMITTEES

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Community C	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	
Lancaster Fresh Community Supported Agriculture		Jennifer Auble	703-922-9353	jenmarzouk@yahoo.com

#### **Association Meetings & Deadlines 2016 - 2017**

MONTH	BOARD MEETING	Farmer DEADLINE	FLYER DEADLINE	DELIVERY	EVENTS
December	7				Holiday Lights Judging – Dec. 14-18
January	4	4	5	28	
February	1	1	2	25	
March	1	1	2	18	23—Civic Assc. Meeting
April	5	5	6	May 6	
May	3	3	4	June 3	25—Civic Assc. Meeting

June/Jul/Aug

Summer Community BBQ/Picnic – Date TBA

General and Board Meetings and Events are held at Ravensworth Elementary School on Nutting Road unless otherwise noted. Meetings are 7:30pm unless otherwise announced.

Con't from Pg. 1

- 7. Always lock your car and home doors. Upgrade your door strike plates and reinforce your windows.
- 8. Hide valuables. Invest in a hidden wall safe secured to the studs.
- 9. Use vacation timers on lights and televisions.
- 10. Never post vacation photos while you are still on vacation.
- 11. Never hide a key outside. If you must hide a key, place it in a weatherproof container and bury it no less than two feet underground.
- 12. Instruct your children to never talk about what you own, and especially where those items are located in your home.
- 13. Get to know your neighbors.

I'd like to highlight a couple of these items, the first because most of us may have never considered it. Instruct your children that loose lips sink ships. Burglaries are crimes of opportunity, and the vast majority are committed by people known to the home's inhabitants. A recent burglary in a neighboring community comes to mind. In this burglary, jewelry and cash was stolen. Assuming the money was not left lying on a table (or in a wallet on a table), the burglar(s) must have been familiar with the habits of the victims. Your children's friends will almost always know when to strike. Do what you can to make sure would-be-criminals don't know what to look for and where to find it. Also see number 10 above.

Finally, the most valuable thing you can do to increase your home's security is to get to know your neighbors. Become familiar with their habits and be sure they are familiar with your habits, so that when something is amiss, it will be noticed. Look for cars, people, and other circumstances and incidents that do not belong. And when you are away, let trusted neighbors know so they can keep an eye out for trouble and collect mail and newspapers or take trashcans off the street. The safest neighborhoods are those in which the neighbors know and look out for one another.

Truly yours,

Allan Robertson, President of the Board, Ravensworth Farm Civic Association prez@ravensworthfarm.org

#### GREEN THUMB GARDEN CLUB

By Karen Aftergut

November's meeting was held at the home of our fearless leader, Ursula, and boy was it a doozy. Ursula had a full house with almost all our 22 members in attendance. Just a preview of what's to come in December when Ursula will again be our hostess for our annual "Christmas Tea" on December 7th starting at 10 am. New members are always welcome, but if you plan to come in December please let Ursula know, and remember to bring a wrapped gift for our annual round robin gift exchange which is usually quite hysterical.

Now back to November's meeting. Thank you to Tess Warmka for reaching out to her church membership to find two lovely young ladies to entertain us with a holiday themed floral design demonstration. Katy Gale of Praiseworthy Petals (praiseworthypetals.com) and her friend and assistant, Brittany Woodke, not only entertained us with their floral design skills but also with a gracious sense of humor in answering all our questions. The two floral arrangements they designed in front of our eyes with fall blooms, greens, and uniquely textured fillers, were exceptional. And of course, we can't forget to thank our co-hostess, Agnes Hite, for her healthy additions to Ursula's baked goods.

New members are welcome. For more information about our monthly activities, please call Membership Chairman Agnes Hite at 703-321-4808.

#### CUB PACK 991 - PINEWOOD DERBY JUDGES NEEDED

Attention Farmers---We Need Your Assistance: Ravensworth Cub Pack 991 will need five to seven judges on Saturday February 4 to help judge the boys' pinewood derby car designs! Time is 8 am to approximately 9 am in the school cafeteria, but we hope you will stay and watch the races too!

The boys design and build their cars from a "kit" and it's wonderful to see what they come up with. If you can help us out by judging, please contact either Don Pedersen (pinewood derby race captain) don.pedersen@gmail.com or Cubmaster Greg Ferrara cubpack991@gmail.com or phone 703-854-1383.



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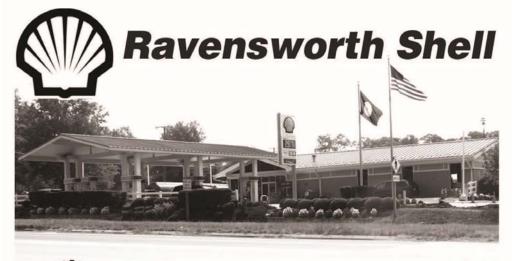














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#### KEEPING OUR NEIGHBORHOOD SAFE

Reported by Ginger Rogers

In the absence of a formal Neighborhood Watch Program, here are some tips when you are out and about in the neighborhood:

- 1. Observe, Record, and Report Carry a pen/pencil, notebook, cell phone to record the date and time you see anything unusual, such as license plates or cars that are not normally in your area. Bring along a flash light if you are out at night. Incidents should be recorded in the notebook to report to police, if necessary. You should also have the emergency and non-emergency police telephones programmed into your phone (Emergency Number: 911, Non-emergency Number: 703 691-2131).
- 2. Do Not Pursue, Do Not Get Involved, Do Not Carry Weapons, and Do Not Drink Alcohol.

FYI, solicitors need to have business cards and a Fairfax County solicitor's license. Exceptions include the Girl Scouts and Boy Scouts.

#### **Keeping Our Property Safe**

At the October General Membership Meeting, Allan Robertson made a presentation on keeping our property safe. Some of the highlights included:

- 1. Time How long does it take a thief to get into your house? The longer it takes, the less likely your home will be targeted. Hints: Lock all doors and windows, reinforce door locks, and install safety film on windows. Don't leave an extra key outside. If you know where it is the thief will find it. If you must have a hidden extra key, place it in a water tight container, and bury it! Also, do not leave your ladder outside for the thief to use.
- 2. Noise Get a yappy dog! Also, you can buy inexpensive Do It Yourself alarm systems that are easy to install.
- 3. Visibility Don't provide a hiding space for the thief to sit and plan the theft! Trim back the bushes, put in solar lighting, sensor lighting, a dawn to dusk light post; leave lights on when you're not at home, put lights on a timer.
- 4. Be the burglar Try to figure out how a thief might get into your house, then fix it.
- 5. Get to know your neighbors! Make sure they know when you are away and can pick up your newspaper or mail. Be aware when you have workmen in your home and warn your children not tell their friends where valuables or weapons are kept. If you have weapons, keep them locked up.
- 6. Catalogue and engrave valuables. List or take pictures of all household items.
- 7. Get a safe and attach it properly.
- 8. Don't enter your house if you suspect you have been a burglary victim.

#### JOIN THE CIVIC ASSOCIATION

If you aren't a member, join now by contacting Elissa Myers at elissa@elissamyers.com, or answer the door when your Block Captain comes knocking. It would be great to welcome every one of our 858 households into the Civic Association!

#### THANK YOU: ENTRANCE SIGNS

Thank you to James Walkinshaw for stepping up to take over putting up information on the Ravensworth Farm entrance signs. The Ravensworth Farm Civic Association heartily thanks Marti Terry for the many years she put in making sure we know what is going on in the neighborhood.

#### PET WASTE MANAGEMENT PROJECT IN LAKE ACCOTINK PARK

By Karole Nielsen

The volunteer effort to maintain the pet waste stands along the Lake Accotink trail is seeking support from the Ravensworth Farm community. It is truly a privilege to live next to Lake Accotink. The lake, park and trails are beautiful natural resources utilized by all in the community.

In 2007, four pet waste stands were erected on a two mile stretch of the trail immediately behind the Ravensworth Farm homes. The stands were the Eagle Scout project of a scout who lived in Ravensworth Farm, worked at the Park, and was a member of Boy Scout Troop 991 based in Ravensworth Elementary School. The initial funds to erect the stands were provided by the Ravensworth Farm Civic Association. The Lake Accotink Park office agreed to provide the bags for the stands once erected. Stand maintenance and stocking has been performed by volunteers for the past nine years.

After several years, Lake Accotink Park was unable to honor the commitment to fund the bags for the stands. In 2012, with the help of the Civic Association, I applied for and received a partial grant through the 495 Express Lane Program that enabled the project to continue until this spring. When funds ran out, I began supplying the stands with personal funds while seeking alternate funding. In September, I applied again for grant funds. Unfortunately, the request was not granted.

The stands have utilized on average seven cases of bags annually. Seven cases represents 22,400 pet waste bags. In a conservative estimate, if you calculated 2 ounces of waste per bag, the stands have prevented 2800 pounds, over one ton, of pet waste from entering the park ecosystem every year. (Judging from the size and weight of the average dog I see on the trail, this is a very, very conservative estimate!!!!)

While the management of pet waste is a significant environmental concern, it is also part of a greater community effort to protect our parks and preserve the water quality of local lakes and streams that feed into the Potomac River watershed. Lake Accotink Park is open to all and everyone in the entire Northern Virginia community benefits from these conservation efforts.

The Friends of Lake Accotink Park donated funds to help keep the project alive while we seek long term funding. I am truly appreciative of their support.

This past month we requested financial assistance from the Ravensworth Farm Civic Association and the board agreed to consider our request. If you feel that this is a community project that RFCA could support, please email any of the Civic Association board members to share your thoughts.

If you know of any corporate or community grant programs that are applicable to this project let me know. I am more than willing to take on the application process. I hope to resubmit the grant proposal in the next application cycle to the 495 Express Lane Grant Program.

If you would like to make a financial contribution, funds can be donated to Friends of Lake Accotink Park. Please specify that you wish your donation to be used for the pet stands. Cases of bags can be purchased online —I am willing to store them at our home.

Please feel free to contact me with any comments, advice, ideas or suggestions. We are long-time Ravensworth residents and are committed to this project as our way of showing community support and keeping our park beautiful.

Thank you! Karole Nielsen 703-321-8206



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#### IN MEMORIAM: IDA "MAE" S. LEBLANC

June 2, 1929 - September 10, 2016 A Remembrance By Dean Rust

I met Mae in 2013 through the Volunteer Solutions program run by Fairfax County. She had severe leg pain, and could no longer drive. Her husband Hector died in 2011. Neighbors had stepped in, but she hated bothering them. I became her shopper, about twice a month over the past 3 ½ years.

We always found time for conversation. I enjoyed her company, particularly the stories that were her oral history. Despite decades in Virginia, she never lost her New Bedford, Mass. accent and loved to talk (and talk and talk), as many of her neighbors could attest. I mostly listened as she recalled her family history (raised largely by her grandmother), coming to D.C. for work after WWII, meeting Hector and eventually settling in Ravensworth Farm.

She was proud of her Scots-Irish heritage and displayed a picture of a Stewart ancestor in uniform who she claimed was one of Teddy Roosevelt's Roughriders. She spoke often of family vacations along the Maine coast and at a B&B in Bethany Beach, Delaware. Despite her problems, she retained a sense of humor – often at her own expense and also by teasing me with a twinkle in her eye.

She and Hector's only child Diana tragically had been killed in an automobile accident many years before and her memory was ever present. One of my duties was to keep a fresh bulb in the lamp that illuminated a large painting of Diana, a task Mae could no longer accomplish.

Her TV and radio were permanently tuned to public stations. She read books, was current with the news and frequently asked my opinion about something she had seen in the newspaper. She watched a lot of British programs. EastEnders was a favorite as was Downton Abbey.

She was particular about food, and I soon found it necessary to scrub the grocery list before shopping to preclude her mild displeasure when I returned ("Oh, didn't they have it in organic?") While dining out was rare, she once was disappointed by a recommendation of Tom Sietsma – the Washington Post's food critic – and let him know about it (he took her call).

I learned much from her stories and from her example. It took courage for Mae to face each day, alone, often depressed and feeling vulnerable with constant physical pain. But she had a strong sense of self, which never seem to waver. As friends, we had differences – she could be stubborn and unfair at times; but mostly I found her charming, thoughtful and funny. In the end, she found a way through the pain and isolation to smile at the good memories and to live her final years with dignity.

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#### 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).

#### RAVENSWORTH FARM ON FACEBOOK

Want to keep up with issues, have firewood to give away, or you're wondering what surprises others have run into during renovations? The Ravensworth Farm Facebook page is the place to go. Send Tom Mathis, the group's moderator, a join request and he'll add you to this lively and informative community. You can adjust your notification settings and visit the page as little or as often as you choose. While an excellent communication tool, the Facebook page is not supported or endorsed by the Ravensworth Farm Civic Association. For Civic Association news (and old issues of The Ravensworth Farmer), visit RavensworthFarm.org.

#### RAVENSWORTH FARM PLAYGROUP

If you have preschool and younger elementary children, be sure to join the Ravensworth Playgroup Facebook page to find out where and when other Ravensworth Farm families are heading out and to swap tips and kid gear.

#### RAVENSWORTH BABYSITTING CO-OP

If you have children ranging in age from baby to younger elementary, you may need the Babysitting Co-op for no-cost, no-guilt babysitting swaps. Join the co-op through sponsorship by a current co-op member. Contact Jill Mowbray or any other co-op member for more information or to attend the next meeting.



<u>CLASSIFIED ADS</u> may be placed in The **Farmer** at no cost to Ravensworth Farm residents. Classified ads may be placed by sending them to rfcafarmer@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**.

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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.

#### BOY SCOUT TROOP 991 - OUTDOOR ADVENTURE

Boy Scout Troop 991 - Outdoor Adventures!

We have had a busy, fun month participating in several service projects. Ronal, one of our next Eagle Scout candidates, planned and carried out his Eagle Scout service project to mount signs around the trails at the Hidden Pond Nature Center in Springfield. The troop also supported Ravensworth Farm's annual neighborhood yard sale with labor and concessions, meeting friends and earning funds for our scout activities. Further, the troop collected non-perishable items for Scouting for Food to feed the hungry. We don't yet know how much was collected at the time of this article, but we would like to thank the Ravensworth neighborhood for their donations! As you know, service to our community is at the heart of Scouting.

In addition to serving, we used our outdoor skills this October at the District's Fall Camporee competing against other troops for the top troop title. Although we didn't win the top title, we made equipment out of lashings and logs, met new friends, hiked, camped and had a lot of fun! This coming month, we will be planning our upcoming activities that include not just camping, but SCUBA, skiing, snow tubing and much more...

Come join us. 6th – 12th grade boys. Visit us Wednesday nights - 7:30pm @ Ravensworth Elementary. Troop 991 is boy-led, sponsored by the Ravensworth Elementary PTA and lives and scouts in your neighborhood! Learn more about us at: http://www.troop991.com/. Contact Scoutmaster Bill Mitchell @ 703-321-8072 or mitchwt@cox.net if you are interested... Or come by and see for yourself what you're missing!



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#### RAVENSWORTH FARM POOL NEWS

By Scott Houghton, Membership

Thank you to everyone that came out to the Trunk or Treat/Fall Festival, jointly put on by Ravensworth Pool and the Civic Association at the end of October. It was a wonderful event, so great to see many of the families of the Ravensworth community gathering together and having fun. We hope to see you next year!

The pool held its Fall General Membership meeting on October 26, and, despite a low turnout, we were able to get business done due to all of the proxy votes that were submitted. Thank you to the members that participated and made it possible. Congratulations to Jim Hayes, who was elected as the new Concessions Director! He is replacing Jill Mowbray, who has done an outstanding job the past few years in that role. Best of luck to Jim, and thanks for stepping up!

The 2016 profit/loss report was also released, and, unfortunately, the pool finished the season with a negative operating balance this year. Membership numbers were lower than in previous years, and there were some other unexpected expenses that contributed to the lack of profit. We are hoping that the great work of our Activities Team (Melanie Bennett and Angie Morris), along with our swim team finishing the season in competitive fashion as Division 3 champions (GO RAVENS!!), will result in more memberships in 2017.

The Pool Board is committed to maintaining the pool as a valuable resource to the Ravensworth Farm neighborhood, so that purchasing a membership is more than paying for a place to swim, it is an investment in our community. Come be a part of it all in 2017!

#### AMERICA'S ADOPT-A-SOLDIER NEEDS TOYS YEAR-ROUND

By Mary Keeser

We Need NEW Toys Year-Round for our Sick and Hospitalized Military Children at Walter Reed National Military Medical Center (WRNMMC). Thank you for giving back and truly making a difference". Mail new toys and games to:

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DATE: 25 December

TIME: From 1pm to 5pm

LOCATION: Kilroys Ravensworth Shopping Center 5236 Port Royal Road, Springfield VA see events tab on www.americasadoptasoldier.org for details. VOLUNTEERS NEEDED - NO AGE RESTRICTIONS - NO TIME SLOTS. We will be packing Care Packages and Care Letters for our Deployed and Veterans. Bring an item for the care package or mail your tax-deductible donations to P.O. Box 1049; Springfield, VA 22151or via our website www.americasadoptasoldier.org.

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#### LATE BEDTIMES FOR PRESCHOOLERS CAN INCREASE OBESITY RISK

Source: University of FL Shands Health Science Center, 04 Oct 2016

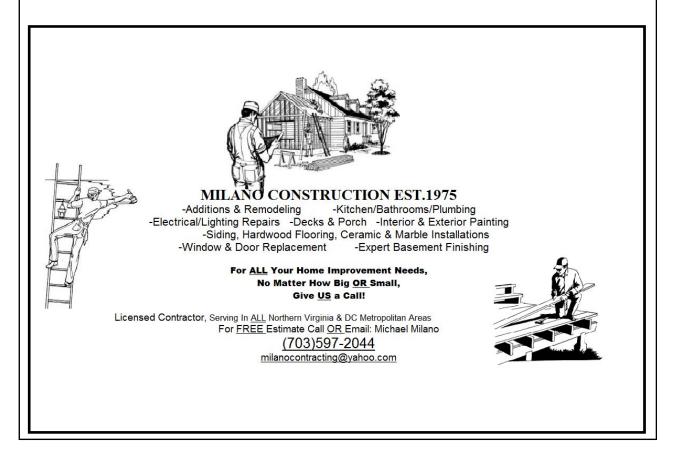
While it may be a constant struggle to get your preschooler to bed at a decent hour, research shows the exhaustive fight is worth it. A new study published in The Journal of Pediatrics found that preschoolers who hit the hay by 8 p.m. have a lower risk of obesity as teenagers than those who stay up later.

Federal statistics show that 17 percent of American children between the ages of 2 and 19 are obese and at a higher risk of developing Type 2 diabetes and heart disease. The childhood obesity rate has more than doubled in the past 30 years, which some experts blame on easy access to junk food and too little exercise. The new study also shows sleep patterns play a big role in childhood obesity.

During the study, researchers from The Ohio State University analyzed data from nearly 1,000 children who were part of a larger study, which followed healthy children who were born in 1991. The team looked at three different bedtime categories: before 8 p.m., between 8 and 9 p.m. and after 9 p.m. All the children were ages 4 to 5 when the mothers reported the bedtimes. The researchers then compared bedtime information with weight data once the children were 15 years old.

The findings showed that of the children who went to sleep before 8 p.m. on a regular basis, only 10 percent were obese as teenagers, compared with 16 percent of those who went to sleep between 8 and 9 p.m. and 23 percent who went to sleep after 9 p.m.

The researchers concluded that the results emphasize the importance of a routine bedtime. Experts say bedtime routines increase the likelihood of your child getting the recommended amount of sleep each day, which will also help them focus better in school and live a healthier life.





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Now - Jan. 1 – Chinese Lantern Festival – Roer's Zoofari, Vienna, (703) 757-6222,

http://www.chineselanternfestival.com/, \$15-25

Now – Jan 6 – Christmas at Mount Vernon -

http://www.mountvernon.org/plan-your-visit/activities-tours/christmas-at-mount-vernon, \$varies

Now – Jan. 8 – Bull Run Festival of Lights – Bull Run Regional Park, Centreville,

http://www.bullrunfestivaloflights.com/, \$15+

Now – Jan. 8 – Meadowlark's Winter Walk of Lights, Vienna,

https://www.novaparks.com/events/winter-walk-of-lights, \$varies

Now – Mar. 12 – **Ice Skating** @ Reston Town Center

Now – Mar. 6 – **Ice Skating** @ Tysons Corner Center

December 8-11 - Immanuel Bible Church Christmas by Candlelight Concerts – more information and tickets at https://immanuelbible.net/music/christmas or 703-941-4124. Saturday concerts have free childcare for 3 and under with reservation, \$5

Dec. 9-18 – Christmas Undercover Broadway-style musical, http://www.encore-tap.org/, \$19-25

December 10 & 11 – 3-7pm - Parkwood Baptist Church Walk Through Bethlehem – Braddock Rd and Kings Park Dr, free

Dec. 10 - Christmastide at George Mason's Gunston Hall, Mason Neck, VA; 703-550-9220,

http://www.gunstonhall.org/, \$5-15

Dec. 10 – Herndon Model Train Display, Herndon Municipal Center, 703-437-5556

\*\*December 14-18 – Ravensworth Farm Holiday Lights Judging, coordinated by Amanda Walker (exact day to be determined by weather)

Dec. 15-23 – The Nutcracker, Hylton Performing Arts Center, manassasballet.org, \$25-65

Dec. 18 – Vienna Boys Choir "Christmas in Vienna" – George Mason Univ's Center for the Arts, ½ price through grade 12, \$33-55

Dec. 28 – 6:30-8:30, Annual Chanukah Party, Nat'l Museum of American Jewish Military History,

https://www.eventbrite.com/e/hanukkah-party-tickets, advance registration required, free

Dec. 31 – 10pm-12am – Herndon's New Year's Eve Community Concert & Buffet, ArtSpace Herndon, 703-956-6590

\*\*March 23 – 7:30pm – Ravensworth Farm Civic Association General Meeting, School Cafeteria \*\*May 25 – 7:30pm – Ravensworth Farm Civic Association General Meeting, School Cafeteria





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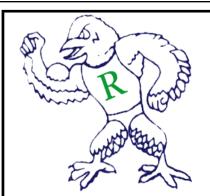
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#### Summer Employment Opportunities

Go to the website for more information regarding the following positions: Manager, Life Guard, Snack bar.