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RAVENSWORTH PLANTATION, VA.

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

April 2019

The Ravensworth *Farmer*

Issue 6

PRESIDENT'S LETTER

Dear neighbors:

The activity I have enjoyed most as president of the Ravensworth Farm Civic Association is awarding the Farmers of the Year. Ravensworth Farm is a wonderful place to live, and you are to thank for that. Ravensworth is great, because so many of us quietly go about doing things great and small that improve the lives of others. I love having the opportunity to recognize those who have made a difference.

The Farmer Awards were created to recognize our neighbors who have served the community without fanfare and without thought for such recognition. We have three awards to present at the Fifth Annual Ravensworth Farm BBQ this Summer:

**Farmer of the Year
Young Farmer of the Year
Life of Service Award**



We need your nominations. The deadline for nominations is April 30, 2019. All nominees must be current residents of Ravensworth Farm. RFCA Board members are ineligible during their tenures and for a period of five (5) years thereafter.

The Farmer of the Year will be awarded for acts of service done within the last year. The act(s) of service must

Con't Pg. 3



**THE JUNK
TRUCK IS
BACK!**

APRIL 20, 2019 from 8AM TO NOON

Now's the time to tackle back-yard clutter, messy basements, carports or storage sheds. The Civic Association has arranged for Fairfax County trash disposal trucks to be parked at the Ravensworth Farm pool parking lot.

See pg. 13 for additional details.

**If you haven't done so,
please pay your RFCA
Membership Dues online at:**

pay.ravensworthfarm.org

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.

RAVENSWORTH FARM CIVIC ASSOCIATION

EXECUTIVE COMMITTEE

President	Allan Robertson	703-627-0219	prez@ravensworthfarm.org
1st Vice President	Scott Houghton	703-321-7320	vp1@ravensworthfarm.org
2nd Vice President	James Walkinshaw	703-314-1473	vp2@ravensworthfarm.org
Recording Secretary	Ginger Rogers	703-321-1151	recsec@ravensworthfarm.org
Corresponding Secretary	Diwakar Sharma	571-314-2400	corsec@ravensworthfarm.org
Treasurer	John Ritchie	703-321-8427	treasurer@ravensworthfarm.org

STANDING COMMITTEES

Schools & Education	Jill Mowbray	703-865-8368	bjm820@hotmail.com
Green Committee	Jim Hickey	703-321-8535	
Membership & Communications	Elissa Myers	703-321-7590	
Zoning Committee	Ellen Eggerton	703-622-1563	

SPECIAL COMMITTEES

Entrance Committee	James Walkinshaw	703-314-1473	james.walkinshaw@gmail.com
Hospitality	Ruth Hartman	703-321-8063	hospitality@ravensworthfarm.org
New Neighbors	Cindy Cho		choc64@gmail.com
Directory	Coordinator Advertising	Stephen Beste VACANT	703-321-9110 directory@ravensworthfarm.org
<i>Farmer</i>	Editor	Sara Ortiz	703-321-8757 rfcafarmer@ravensworthfarm.org
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	Advertising, Flyers	John Ritchie	703-321-8427 treasurer@ravensworthfarm.org
	Distribution Advertising	James Walkinshaw VACANT	703-314-1473 james.walkinshaw@gmail.com ads@ravensworthfarm.org
Community Organizations			
PTA President, Ravensworth ES	Nicole Ferrara		president@ravensworthpta.org
Pool President	Karen Hampton		
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 2018-19

MONTH	BOARD MEETING	<i>Farmer</i> DEADLINE	FLYER DEADLINE	<i>Farmer</i> DELIVERY	EVENTS
April	3	3	4	May 4	
May	1	8	2	June 1	11—Yard/Plant Sale 16—Civic Assoc Mtg
Summer				2	BBQ—TBA

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

Con't from Pg. 1

directly benefit the Ravensworth Farm community.

Young Farmer of the Year will be awarded to a Ravensworth Farm resident eighteen-years-old or younger for acts of service done within the last year that directly benefit the Ravensworth Farm community.

Life of Service Award will be given to recognize a neighbor who has provided service to the community over a number of years.

Neighbors who have received a Farmer of the Year award in the past are ineligible for a period of five (5) years after receiving an award.

I look forward to receiving your nominations.

Truly yours,

Allan B. Robertson
President of the Board
Ravensworth Farm Civic Association
Email: prez@ravensworthfarm.org | Phone: 703-627-0219

BOY SCOUT TROOP 991

In the last four years eight Scouts of Troop 991 have joined the ranks of Neil Armstrong, Secretary of Defense Robert Gates, the founder of Walmart Sam Walton, Steven Spielberg, and Mike Rowe by becoming Eagle Scouts. Scouting sets a foundation for success. If you're interested in your child following a similar path check out Troop 991, a Scout-led Troop in your neighborhood, sponsored by the Ravensworth Elementary PTA. Learn more about us at: <http://www.troop991.com/>. Contact Scoutmaster Ed Haggerty @ 703.622.5831 or Edwardhaggerty1@me.com. Or come by and see for yourself what you're missing!



GREEN THUMB GARDEN CLUB

The Green Thumb Garden Club meets the first Wednesday of each month at members' homes. New members are welcome. Call Treasurer Agnes Hite for information at 703-321-4808.

In March a very informative presentation was made by Jennifer, a representative of the Fairfax County Department of Code Compliance. Discussed were various aspects of the use of our properties relative to zoning laws—such as garden plantings, outdoor storage, fences and walls, freestanding accessory structures, maintenance of properties, Farmer's Markets and much more.

A date of Tuesday, May 7 was set for the Spring Garden of the Season Judging. Let's all "think spring" and get our gardens ready for this annual event.

Reported by Laura Asiello, Recording Secretary

KINDERGARTEN ORIENTATION & REGISTRATION

Ravensworth Elementary School is hosting a kindergarten orientation and registration on Monday, April 29. Registration is available from 5:15-6:00 and the presentation begins at 6. Don't want to wait that long? Ms. Teresa Dunbar, Ravensworth's registrar, would be delighted to register your child today. You can contact her by calling the school at 703.426.3600 or by email at TLDunbar1@fcps.edu.

Teacher contracts are issued in May so it is helpful for the school to know approximately how many kindergarteners will be entering in the fall in order to hire the right number of teachers. Your child must turn five on or before September 30 of 2019 to start school this fall.

To find the forms and learn the required steps to register, see <https://www.fcps.edu/registration/kindergarten-registration>.



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NEIGHBORHOOD BUSINESS FOCUS: TILE BY RACHEL

Rachel Cahalan, Ravensworth Farm resident since 2011, started Tile by Rachel, LLC in 2018. When she, husband Zach, and their three children moved from a rental on Drayton to their own bi-level on Ravenel, Rachel, who's always been comfortable with tools and brushes, could finally do just what she wanted in her home- including tiles in the kitchen and baths. She realized the contractor on their initial project didn't relish the idea of working with tile. She had never worked with tile but, being both handy and confident in her abilities, she studied up and did her own tile work. When the downstairs bath had to be gutted and rebuilt due to mold issues, Rachel tiled it, too.

Rachel's realtor came over to check out the makeover and was so impressed she asked if Rachel would consider doing tile work for other people. Rachel's youngest child was starting kindergarten and she had been casting around for something to do besides working full-time for the software company for whom she had worked part-time for 12 years. After thinking it over and spending some time as general assistant to Ravensworth Farm contractor Fred Marquardt, she decided to launch her own tile installation business but keep the part-time job "just in case." Within six months, Tile by Rachel allowed her to quit the part-time job. As Rachel says, "I'd take a home project any day over staring at my laptop for hours on end."

Rachel says most of her business comes from word of mouth. As she completes each project, she writes a blog post about it on her website TileByRachel.com. When enthusiastic customers share the post to show their friends Rachel's beautiful tile work, Rachel often gets a call from one of the friends. Since launching Tile by Rachel, LLC last year, Rachel has completed about 35 projects.

Rachel says the most fun part of the business is seeing the before and after of a project. "In such a short time", she says, "it's such a big transformation." The least fun projects are when she finds herself pulling up really old, rusty-nailed subfloor. She says the biggest projects she has done all involved completely demolishing and replacing old floors before installing the tile. The oldest home on which she has worked so far was from 1951 and she has worked on many homes in the age-range of Ravensworth Farm homes.

It is the Mission of Tile by Rachel, LLC to provide residential home owners and re-modelers quality tile installation to actualize their vision. Rachel promises that her commitment to precision, excellence, and integrity will be evident in every interaction, estimate, and contract she completes.

Q&A With Rachel

What are you proudest of in your career?

I'm naturally risk averse. I'd have to say I'm proudest of taking the risk of starting a new career and small business when I could be finding a comfortable office job. I truly am at the beginning of this career and am excited for the possibilities.

Have you ever encountered any obstacles or setbacks for being a woman in the home building and design industry?

The main obstacles I've encountered would be finding the help I need and overcoming a client's doubt. There have been a couple instances where it was clear the female partner was having to convince the male to hire me. Maybe they just didn't like my tilework, but I got the distinct impression it was because they felt I would be inferior.

At the beginning of your career, did you ever feel like you weren't taken seriously as a woman in the industry?

There are certainly times I feel I'm not taken seriously. You can sense it immediately from a client's hesitation or skepticism from an employee at the hardware store. I wouldn't have entered this field if I weren't strong and capable. It's a matter of helping others see the truth of the situation.

What benefit does being a woman bring to the job?

It's hard to say that certain benefits are solely due to my gender. I have had clients comment that they feel more comfortable having me in their homes because I'm a woman.

You can see before and after pictures of many of Rachel's projects at www.TileByRachel.com. She can be contacted through her website or at Rachel@tilebyrachel.com.

Do you know a neighbor-owned business that should be spotlighted in The Ravensworth Farmer? Email RFCAFarmer@ravensworthfarm.org or call Sara Ortiz at 703-321-8757.

COMMUNITY EMERGENCY RESPONSE GUIDE

by Supervisor John Cook writing in the Braddock Beacon, February 2019 Volume 11, Issue 2 2

I am excited to announce that one of my major priorities since taking office is finally taking shape. The County Emergency Operations Plan is being updated for the first time to help communities plan to help themselves in an emergency event with a Community Emergency Response Guide (CERG). Prior plans only focused on restoring governmental services. This plan helps communities prepare to help themselves.

The first ever Community Emergency Response Guide is being published this month by the Office of Emergency Management. The CERG will help anyone create a family emergency plan, a business emergency plan, a neighborhood preparedness plan, and an emergency supply kit. The guide also includes specific actions to take before, during and after each of Fairfax County's likeliest hazards. The aim of this guide is to make our Fairfax County communities stronger and more resilient ones that can tackle any obstacle they face.

It can take three days for first responders to reach you in the case of a severe natural disaster. Access to water, electricity, medical care, and other necessities may be limited or cut off entirely. The first thing the CERG will address is your family's emergency plans. The guide provides a template for your own family's plan and emergency contact list. It also includes a template for families with functional needs, such as elderly people and those with disabilities. This makes it easier to take on the sometimes overwhelming task of preparing for a range of scenarios. Additionally, the guide lays out specific steps for the most likely emergencies for our area. Take thunderstorms for example. The guide defines them as "large localized weather events" that produce lightning, have the potential to form tornadoes, strong winds, hail, wildfires, and flash flooding. Some steps the guide recommends include signing up for Fairfax Alerts, removing dead tree branches, and remaining inside until 30 minutes after the last clap of thunder. By preparing for these emergencies you will prevent accidents and help free first responders to better respond to emergencies. As Benjamin Franklin once said, an ounce of prevention is worth a gallon of cure.

Once your family is squared away, you should move on to look out for your neighbors. When Hurricane Katrina hit Louisiana, citizens with boats came together and formed the "Cajun Navy." They rescued 10,000 of their neighbors from the flood waters that ravaged the bayou. While we may not face the same risk of flooding, we can still prepare our community to come together. The CERG takes you through the process of defining your area of responsibility, selecting leaders, creating an emergency response team, and much more. It also helps you compile a list of neighbors who would be helpful in an emergency situation, such as nurses, and people who own tools that could help in emergencies, such as chainsaws or snow blowers. If you would like to get involved with a group that helps organize emergency efforts, such as the Community Emergency Response Team, the guide offers a list of organizations you can join.

You can download the CERG here: <https://www.fairfaxcounty.gov/emergencymanagement/ceerg>. Our community is the result of years of service and dedication from our residents. It is vital that we protect it by planning for emergencies and preparing to help our neighbors. I encourage all of you to use the CERG to help make your community safer, more resilient, and prepared for any challenge that may come our way.

LAKE ACCOTINK EVENTS

Saturday, April 6, 9:00 AM - 11:30 AM Watershed Clean-up Day. Come get dirty while cleaning up the park. Great for service hours!

Sunday, June 2. Cardboard Boat Regatta. Start working now so your boat will float!

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HEALTH & FITNESS

By Natalie Sarigianis

6 Key Principles for Optimum Wellness (part 2)

adapted from ACE Healthy Living January 2019

STEP 2: Exercise Regularly

WHY? Here are just a few reasons to start adding exercise to your daily routine...

- Helps you control your weight
- Reduces your risk of heart diseases
- Helps your body manage blood sugar and insulin levels
- Improves your mental health and mood
- Strengthens your bones and muscles
- Reduces your risk of some cancers
- Improves your sleep
- Reduces your risk of falls



HOW? There are three facets to a well-balanced exercise program:

- **Cardio:** 3–5 days/week, 20–60 minutes, moderate-to-vigorous level
 - Walking, jogging, biking, swimming, dancing, aerobics classes, Zumba®, spin classes, water aerobics, racquetball, tennis, basketball, soccer, plus so many more!
- **Strength:** 2–3 non-consecutive days/week, all major muscles
 - Strength training machines, free weights, bodyweight only exercises and/or classes such as BodySculpt, BodyPump®, P90X, Ab Attack or CardioSculpt, etc
- **Flexibility:** 5–7 days/week, all major joints, static stretching
 - Check out one of our **7 Yoga classes** offered mornings, evenings & weekends!

Stay tuned for **Step 3** coming next month!

NEW MEMBER SPECIAL: 30 Days for \$30! Sale runs April 1-30. Good for 30 consecutive days from date of purchase. Also includes enrollment in the GetFiT Program (3 coaching sessions, InBody body composition analysis, access to MobileFiT app + additional RECenter rewards!).

Questions? Please reach out to Natalie Sarigianis, *Health Coach & Customer Engagement Representative* at Audrey Moore RECenter Natalie.Sarigianis@fairfaxcounty.gov.

YOUR POOL PLANS FOR THE SUMMER

What's happening at Ravensworth Pool this summer?

March 30 – Baseball Opening Weekend Wiffle Ball Party

May 4 – Cinco de Mayo Party! (Adults only)

May 25 - Opening Day!

June 13 - Elementary Night and Teen Night (TBD)

Fourth of July Celebration

Noodle Night in August

During the week we have Lunch Bunch Bingo and lots of other fun parties for all ages throughout the pool season.

The Ravensworth Pool is the best place to get to know the wonderful neighbors in our community!

JUNK TRUCK - APRIL 20

You know you have stuff that has to go. Now’s the time! The Civic Association has arranged for a Fairfax County trash disposal truck to be parked at the Ravensworth Farm pool parking lot on Saturday, April 20 from 8:00am to noon to collect items which are not accepted by private trash collectors at curbside. Now is the time to get rid of old appliances, furniture, mattresses, boards, doors (no glass), swing sets, lawn mowers (thoroughly drained of fluids), piping, etc.



Items that CANNOT be accepted include hazardous waste (batteries, including the small “button” and rechargeable batteries, paint, used oil, pesticides and lawn care products), tires, sheetrock, stone or crushed rocks, and products that can be recycled - such as newspapers, cans and glass. Also, brush will not be collected.

THIS IS IMPORTANT!! You may not dump your trash at the pool prior to the arrival of the County trucks or after the trucks depart!

For instructions on where to dispose of hazardous waste, call 703-324-5068, and for where to dispose of stumps, rocks and tile, call 703-690-1703.

URBAN SOIL HEALTH

The soil is an often forgotten part of the ecosystem but is extremely important, especially for trees. Components of soil are minerals (sand, silt and clay), air, water and carbon (organic matter). Healthy soils are also teeming with life, most of which is microscopic (fungi, bacteria and nematodes). For example, many tree species rely on soil fungi called mycorrhizae which help them take up water and nutrients through their roots.

In urban environments, soils are often heavily disturbed and degraded due to construction of roads, buildings and houses. When soils are disturbed, they lose many of their beneficial characteristics resulting in reduced water filtration and less hospitable environments for soil-borne organisms and plant roots to grow.

Soils and their structure may take hundreds or even millions of years to form, so restoration after disturbance takes time and effort. The best strategy is to avoid disturbance, which is usually not realistic in urban environments. However, there are a few relatively easy options that can help to restore soil quality:

- Apply organic matter (compost, leaf or wood mulch, manure) to mineral soils
- Cover areas of bare soil
- Retain existing plants and trees
- Plant diverse native plants and trees

These strategies help to reduce erosion, conserve water, hold onto soil and increase drainage. Incorporating diverse plants and trees encourages a diverse community of soil microorganisms which is a vital part of soil health. When soils are healthy, it has cascading positive effects on the ecosystem.

Consider having a soil test done to determine the pH, nutrient and organic matter content of your soil. Soil tests are available from the Virginia Cooperative Extension. You can also learn what kind of soil you have by using Fairfax County’s new soils viewer application.

For additional questions, please contact the Urban Forester of the Day at 703-324-1770, TTY 711 or pestmail@fairfaxcounty.gov or the Northern Virginia Soil and Water Conservation District at 703-324-1460.

Source: *The Braddock Beacon*, February 2019



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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.

NEW NEIGHBORS

New folks move in all the time, especially over the spring and summer. If you have new neighbors, tell Cindy Cho. If you are a new neighbor- welcome! Please let Cindy know you have arrived so that one of her New Neighbor Committee members can stop by with information and some goodies. Cindy Cho (choc64@gmail.com).

RAVENSWORTH FARM ON FACEBOOK

Want to keep up with issues, have firewood to give away, lost or found a dog, 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 Farmer), visit RavensworthFarm.org.



CLASSIFIED ADS may be placed in The *Farmer* at no cost to Ravensworth Farm residents. Classified ads may be placed by sending them to rfcafarmerr@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	Large collection of Wedgewood china for sale. Smaller collection of ironwood carved figurines. Jim Shipley, tel: 703-321-7454, best after 4pm.
FREE	Canon color printer model Pixma MP280. Rarely used. Phone 703-321-9268 or email lewttag@aol.com .
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 703-321-9268. 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.

SHEPHERD CENTER OF FAIRFAX-BURKE OFFERS HELP

A **Handy Helper program** is offered for SCFB clients who need assistance in their residence. The services offered include minor yard work, limited house cleaning, and minor home repairs. If you need help in changing light bulbs, hanging curtains/pictures, changing batteries, trimming bushes, planting flowers, cleaning windows, etc. contact Barry Wickersham by email at aowbrw@verizon.net. If you are interested in volunteering to help in this program or have questions about the program contact Barry Wickersham at 703-203-8929.

Transportation Program If you no longer drive and need transportation to a medical appointment (Monday – Friday) or an accompanied shopping drive (offered Tuesday p.m. and Friday a.m.), contact the Shepherd Center of Fairfax-Burke’s transportation phone number 703-323-4788 at least five days in advance to make arrangements for your driver.

FREE TAX RETURN PREPARATION

AARP Foundation Tax Aide – Provides free federal tax return preparation and e-filing through April 15 by volunteers certified by the IRS. Several locations in and around the Braddock District include the Mott Community Center, 12111 Braddock Road, Thursdays 9:30 a.m. – 1:30 p.m. and Saturdays, 1 p.m. – 5 p.m. (closed February 16); and the Mason District Governmental Center, 6507 Columbia Pike, Annandale Mondays & Thursdays 1 p.m. – 8 p.m. (closed February 18), Tuesdays, Wednesdays & Fridays 9:30 a.m. – 1 p.m. and Saturdays 9 a.m. – 1 p.m. There are no reservations. Bring last year’s tax returns, your social security card, W2, 1099s, brokers’ statements and any other income tax related items.



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(703) 321-0507 (church)
(703) 955-0288 (pastor)
Pastor: Jenet Redfern

Sunday Services:

10:00 a.m. Sunday School
10:45 a.m. Worship Service

Please join us for these community activities:

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EVENTS

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



- * Apr. 3 – 7:30pm, **Civic Association Board meeting**, School, SACC Room
- Apr 6 – 9-11:30am, Lake Accotink Watershed Clean-Up Day, Come get dirty while cleaning up the park. Great for service hours!**
- Apr 12 – 7:30pm, **Let the Grave Be Opened** concert/pageant, Immanuel Bible Church, ibc.church/concerts
- Apr 13 – 2:00pm, **Let the Grave Be Opened** concert/pageant, Immanuel Bible Church, ibc.church/concerts
- Apr 14 – 6:00pm, **Let the Grave Be Opened** concert/pageant, Immanuel Bible Church, ibc.church/concerts
- Apr. 15-21 – **No School**, Easter Break
- Apr 16- 7-8pm **Healthy Strides Wellness Book Club @** Centreville Regional Library Book: “Train Smart, Run Forever” by Pierce & Murr
- Apr 19 – 7:30pm, **Let the Grave Be Opened** concert/pageant, Immanuel Bible Church, ibc.church/concerts
- Apr 20 – 8-Noon, **Junk Trunk at the pool**
- Apr 20 – 2:00pm, **Let the Grave Be Opened** concert/pageant, Immanuel Bible Church, ibc.church/concerts
- * May 1 – 7:30pm, **Civic Association Board meeting**, School, SACC Room
- May 4, 7:30am, **Healthy Strides 5K/10K** “May the Fourth Be with You” @ Burke Lake Park. For more info and to register, please visit <https://www.fairfaxcounty.gov/parks/healthy-strides/10k5k>
- * May 11 - **Community-wide Yard Sale**, 7am set-up, 8am-Noon, Pool parking lot
- May 11 – **Green Thumb Garden Club Plant Sale**, location TBD
- * May 16 – 7:30pm, **Civic Association General Meeting**, School cafeteria
- May 20- time **TBD Healthy Strides Wellness Book Club @** Lorton Library; Book: “Mindfulness for Beginners” by Jon Kabat-Zinn
- + May 25 –11:00am, **Pool Opens** (free for non-members 1-4pm)
- May 28 – **Memorial Day**
- Jun 2 – 11am-2pm, **Cardboard Boat Regatta**, Lake Accotink Marina
- June 3- 11am-12pm **Healthy Strides Wellness Book Club @** Tysons-Pimmit Library; Book: “The Zero-Waste Lifestyle” by Amy Korst
- Jun 8 – 7am – **Audrey Moore Sprint Triathlon**, at Audrey Moore RECenter, \$50, must be 18 or older; info Maureen.Fletcher@fairfaxcounty.gov
- June 13 – **Last Day of School**
- July 22- 11-Noon **Healthy Strides Wellness Book Club @** Tysons-Pimmit Library, Book: “The Yes Brain” by Siegel & Bryson
- Aug 5-9 – 9:30-12:15, “**The Mystery of the Lost Parable**”, Vacation Bible School, Cornerstone Church - Annandale
- Aug 11- 1-2pm **Healthy Strides Wellness Book Club @** City of Fairfax Library; Book: “Bright-Line Eating” by Susan Pierce Thompson
- Sep 15- 1-2pm **Healthy Strides Wellness Book Club @** City of Fairfax Library, Book: “10% Happier” by Dan Harris
- Oct 13- time TBD **Healthy Strides Wellness Book Club @** City of Fairfax Library; Book: “Crazy Sexy Cancer Tips” by Kris Carr, plus film screening and cancer resource fair! Nov 4,- 11am-12pm **Healthy Strides Wellness Book Club @** George Mason Regional Library, Book: “Meditation for Fidgety Skeptics” by Dan Harris
- Dec 2- 11am-12pm **Healthy Strides Wellness Book Club @** George Mason Regional Library, Book: “Why We Sleep” by Matthew Walker, PhD

Check out Lake Braddock Middle School theater production schedules at www.LBMSmusicaltheatre.com and Lake Braddock High School at <http://www.lbtheatre.com/>.

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TWO STREAM RESTORATION PROJECTS COMPLETED

We are fortunate to have hundreds of miles of stream in Fairfax County. Nearly everyone lives within a half mile of a stream or creek, and all Fairfax County streams eventually flow into the Potomac River, Chesapeake Bay, and ultimately the Atlantic Ocean. However, land development threatens our streams. Impervious surfaces such as rooftops, roads, and parking lots replace the trees, shrubs, groundcover, and soil that retain and filter stormwater. Instead of being absorbed into the soil where it can recharge the groundwater, rainfall runoff goes directly to the streams through concrete channels and pipes. The runoff carries eroded soil particles, yard debris, pet waste, pesticides, lawn chemicals, trash, oil, and other harmful pollutants directly to local streams. The increased runoff causes erosion of the stream banks and stream beds, causing a wider and deeper channel. Even in a healthy, stable stream, some erosion and deposits can occur during major storm events. However, when runoff in a watershed increases dramatically, the erosion can become excessive. Stream banks erode, channels deepen, tree roots are exposed, and when trees fall and die, soil is left to erode away and be redeposited downstream—in a lake, for example.

In 2003, Fairfax County developed comprehensive Watershed Management Plans for each of the county's watersheds. A leading driver for the stormwater management efforts is meeting regulatory requirements to protect both local and Chesapeake Bay water quality. Stream restoration is one of the most efficient ways to reduce nutrient and sediment loads, and two projects were recently completed in the Braddock District. These projects were funded through the Stormwater Service District tax, which is based on the real estate assessed value of commercial and residential properties in the county.

The Pohick Creek at Queen Victoria Stream Restoration Project has been completed. This project is located in the Southport and Signal Hill communities in Burke. The project involved restoration of approximately 3,300 linear feet of stream within the Pohick Creek watershed. The team used natural channel design elements and utilized in-stream structures, channel realignment, pool and riffle complexes, invasive species eradication, and the re-establishment of the native riparian buffer. This project will provide a yearly reduction of 342 pounds of total phosphorous, 1,170 pounds of total nitrogen, and 325 pounds of sediment. Four unsafe bridges were taken out and two new bridges were constructed. Two new pedestrian trail crossings were also installed, along with native riparian plantings.

The Long Branch Tributary at Long Branch Falls Park Stream Restoration Project was also recently completed. This project, on King David Boulevard in Annandale, restored approximately 670 linear feet of stream within the Accotink Creek watershed. Existing erosion damage was repaired and future water quality has been improved. The project included channel realignment, in-stream rock structures, log structures, constructed wetlands, wood habitat clusters, deer exclusion fence, removal of invasive plants, and then the re-establishment of the riparian buffer with native species. This project will provide pollution reductions of 70 pounds per year of phosphorous, 217 pounds per year of nitrogen, and 325 pounds per year of sediment.

Some final plantings at both sites will take place this winter or early spring. The contractor will be providing non-native invasive plant management for one year. These projects will certainly increase our community's enjoyment of these stream areas and provide environmental benefits for decades to come.

Source: The Braddock Beacon, February 2019

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NOVA POSITIVE AGING AND WELLNESS FAIR

Monday, April 8, 8:45–4 p.m. The Northern Virginia Positive Aging and Wellness Fair will offer information to help you achieve a fulfilling and healthy lifestyle. News4's Pat Collins is the keynote speaker. The free event takes place at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Register at <https://positiveagingfair.com>. Call Pam Weiner at 703-537-3061.

SCAM JAM: A FREE FRAUD FIGHTING EVENT

Saturday, April 27, 9 a.m.–1 p.m., Scam Jam: A Free Fraud Fighting Event. Every day, hundreds of local residents lose their hard-earned money to a variety of fraud schemes. To strike back, AARP Virginia and Fairfax County are bringing together top experts and law enforcement officials to discuss scams targeting older adults, such as fake solicitor schemes, bogus investment deals, lottery scams, email fraud, the grandparent ruse, and the latest identity theft shams. The event takes place at the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Register at <https://states.aarp.org/fairfaxscamjam> or call 877-926-8300.

50+ EMPLOYMENT EXPO

Tuesday, April 30, 10 a.m.–2 p.m., 50+ Employment Expo. The Jewish Council for the Aging and Fairfax County once again are teaming up to offer this free event that includes job search seminars, resume reviews and an exhibit hall full of employers. It all takes place at Fair Oaks Marriott, 11787 Lee Jackson Memorial Highway, Fairfax. TV Reporter Hillary Howard is the keynote. No registration necessary. Find more at <https://accessjca.org/employment-expos>. You also can email mgordon@AccessJCA.org or call 703-652-1519.

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Questions? Contact Jennifer Auble at
Membership@ravensworthfarmpool.com