



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

May 2019

The Ravensworth *Farmer*

Issue 7

### TASTE OF RAVENSWORTH BIG TURNOUT

About 75 neighbors were able to skip cooking and enjoy the free food at the second annual Taste of Ravensworth. Many thanks to Scott Houghton who did the work for Taste of Ravensworth. Special thanks to these local restaurants for their donations of food:

- Kilroy's (wings)
- Anita's (enchiladas, chips & salsa)
- Dairy Queen (ice cream cake)

And to these local restaurants who offered a significant discount on the purchase of food:

- Swiss Bakery (cookies)
- Jersey Mike's (sandwich box)
- Hong Kong Express (salt & pepper tofu)

Dumplings from Deli ManJoo in Lotte were purchased at regular price.



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You can reach John at 703-321-7840 to coordinate drop-off.

If you haven't done so,  
please pay your RFCA  
Membership Dues for  
2018-2019 online at:

[pay.ravensworthfarm.org](http://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
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	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
May	1	8	2	June 1	11—Yard 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.**

### BOY SCOUT TROOP 991

A crossover occurred this March where Troop 991 proudly welcomed Webelos Matthew, Riley, Patrick, & Aiden to our troop. As part of crossover, the Scouts cross a bridge to symbolize their growth from Cub Scout to Boy Scout. The Scouts added their name to this bridge, the same bridge crossed over by Eagle Scout Edward Haggerty who served as Master of Ceremonies.

Troop 991 is a Scout-led Troop in your neighborhood, sponsored by the Ravensworth Elementary PTA. Learn more about all the great opportunities 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!



### CUB SCOUT PACK 991

Pack 991 Graduates 8 Cub Scouts to Boy Scouts

On Monday March 25th Ravensworth's Cub Scout Pack 991 graduated 8 Arrow of Light rank Cub Scouts into Boy Scout Troops, including 4 boys who will be joining Ravensworth's Boy Scout Troop 991. These boys have worked hard over the past 5 years and are prepared for their new adventure! They have also given back to our community in many ways including helping deliver the Farmer and the Scouting for Food collections each November. Please join us in congratulating: Matthew Ferrara, Patrick Thewes, Riley Pedersen, Kyle Herald, Max Paladino, Mason Wycinsky, Aiden Clayton, and Zachary Hibner.

### GREEN THUMB GARDEN CLUB

The Green Thumb Garden Club met at the home of Margaret Kinder. The program was a very informative presentation by Seth from Greensprings Garden Center. The subject was "Spring Cleanup and Preparation." Topics covered ranged from pruning to raking to mulching to planting with numerous suggestions in each area.

It is to be noted that the Garden Club will not be holding its annual plant sale as it has in the past.

New members are welcome to join the Club. For more information, call Treasurer/Membership Chair Agnes Hite at 703-321-4808.

*Reported by Laura Asiello, Recording Secretary*

**HAPPY BIRTHDAY TO DORIS MALLON**

Happy (belated) 90th Birthday congratulations to Mrs. Doris Mallon of Inverchapel Road. Mrs. Mallon celebrated with a special birthday dinner in the company of her sons. The Mallon family were the first to celebrate Christmas in Ravensworth Farm as they slipped in Christmas Eve of 1959. The boys remember that the streets beyond their home on the Braddock Road end of Inverchapel Rd were still dirt with the houses in various stages of construction.



**WELCOME LITTLE ONE!**

Congratulations to Amanda Fox and John Ritchie on the birth of their daughter, Emerson Jean, in March.




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## **MAY 16 CIVIC ASSOCIATION MEETING**

In addition to nominating and electing officers for the Civic Association, the May meeting will have a focus on lawn and garden care. Merrifield Garden Center has been contacted to provide the presentation but were not able to confirm before this issue went to press.

### **RFCA Proposed Officer Slate**

The following people have agreed to put their names up for election as officers of the Ravensworth Farm Civic Association at the May 16 Civic Association general meeting. Nominations (with the agreement of the nominee) will also be accepted from the floor at the meeting before the election.

President – Allan Robertson

1st Vice President – Scott Houghton

2nd Vice President – VACANT

Recording Secretary – Ginger Rogers

Corresponding Secretary – Diwakar Sharma

Treasurer – John Ritchie

## **TRASH TALK**

At the March 21 Ravensworth Farm Civic Association general meeting, Board member Diwakar Sharma reported on the results of his attempts to get the various trash removal companies that service the neighborhood to offer a neighborhood rate. Here are the results of his investigation, along with some websites for additional information regarding our single-stream recycling and where it goes.

Available service providers and rates for Ravensworth Farm

1. Republic/AAA: No negotiated rates.  
[www.republicservices.com](http://www.republicservices.com)
2. American Disposal: \$27/Month (\$81/Qtr); This locks the rate in for one year - no other discounts/senior rates; Trash twice a week, Yard waste and Recycling once a week. If you're already with American but paying more, call and request the Ravensworth Farm rate. If you're paying less, don't mess with a good thing.  
[www.americandisposal.com](http://www.americandisposal.com)
3. Bates Trucking & Trash Removal offers an individual rate of \$33/month that could go as low as \$29/month if 90%+ of the neighborhood signs up with Bates as part of the Ravensworth Farm offer.  
[www.batestrucking.com](http://www.batestrucking.com)
4. Champion Services (a small business): \$25/Month; You supply your own waste and recycle bins. 2x waste and 1x recycle per week.  
[www.cswaste.com](http://www.cswaste.com)

### **Other information from Fairfax county:**

- China stopped accepting very few and selected recyclable solid waste from USA
- Recycle waste is reduced to 49%: 51% of co-mingled recycling is now sent to landfill/incinerators (see Where Does Recycling Go elsewhere in this issue)
- No longer recycling glass unless it is carried to specific Fairfax County facilities and placed in the specified purple bins



### **Helpful links**

Fairfax Recycling: <https://www.fairfaxcounty.gov/publicworks/recycling-trash/recycle>

Fairfax County Annual report 2018: <https://www.fairfaxcounty.gov/>



## HEALTH & FITNESS

By Natalie Sarigianis

### **6 Key Principles for Optimum Wellness (part 3)**

adapted from ACE Healthy Living January 2019

#### **STEP 3: Rest Regularly**

##### **Benefits include:**

- Sharper brain
- Mood boost
- Athletic achievement
- Steadier blood sugar
- Germ fighting
- Weight control



How do I start?

- Sleep 7-8 hours per night.
- Take mini-breaks throughout your day.
- Set aside one day from your regular routine to rest every week.
- Take regular vacations in which the focus is rest and relaxation.

#### **STEP 4: Eat Minimally Processed Food**

What does this look like?

- Fresh fruits and vegetables
- Nuts, seeds and legumes
- Whole grains and whole grain bread products
- Meat prepared without added sodium or sugary marinades
- Dairy foods that only contain dairy



How do I start?

- Eat mostly plant-based, non-processed diet.
- Eat 3-5 servings of vegetables/fruits per day.
- Ensure that a majority of the grains you eat are 100% whole grains.
- Limit/avoid simple sugars, saturated fat and salt.
- Control your portions.
- Eat regularly (especially a healthy breakfast).

Stay tuned for **Steps 5 & 6** coming next month!

**SUMMER PASS SALE: 15% off 4- and 12-month memberships!** Sale runs May 1 – June 15. No Initiation Fee or Residency Restrictions. 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](mailto:Natalie.Sarigianis@fairfaxcounty.gov).

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## **WHAT HAPPENS TO YOUR RECYCLED ITEMS THESE DAYS?**

That's a good question as the worldwide recycling market has changed dramatically in recent months, especially due to "Operation National Sword" in China.

Here in Fairfax County, the local third-party recycling processor says nearly 30 percent of material received is actually trash. To do our part in this worldwide process, we need everyone to focus on reducing the amount of contaminated materials placed in recycling bins. There are five ways you can help stop the practice of "wishful recycling" – placing items in the recycling bin because you think/hope they will probably/might be recycled.

### **5 Ways to Adjust Your Recycling Habits**

Wishful recycling actually harms the whole process described below, so here are five ways you can help:

1. Only place empty, clean, dry, loose items in your bin
2. Dump the Filthy Five! These five items should never be placed in your recycling bin:
  - Plastic bags
  - Shredded paper
  - Tanglers (hoses/hangers/cords)
  - Styrofoam containers
  - Dirty diapers
3. Purchase products made with high recycled content
4. When in doubt, throw it out
5. Make an effort to reduce the amount of waste you create — reuse what you can

If changes aren't made to how we recycle, then that could lead to even higher costs, wishful recycled items left at the curb and future changes to pickup procedures (such as sorting your recyclables rather than placing them all together).

### **Where Does Your Recycling Go?**

Fairfax County collects trash and recycling from 44,000 customers living in sanitary districts. The other 90 percent of the county is served by about 20 private collection companies. Materials collected in the curbside recycling program are transported to third-party sorting centers.

Fairfax County pays the sorting centers a fixed processing fee plus the cost to dispose of non-recyclables. While processing and disposal costs have remained fairly steady, recycling program costs have risen significantly for Fairfax County collection customers to \$80,000 per month now.

Until recently, the ultimate destination for much of our processed recyclables was China's manufacturing industry. China has enacted stricter standards ("Operation National Sword") on imported recyclables and is accepting only a fraction of the volume of what it had in the past. China had been buying most of the material that is difficult to recycle domestically (number 3-7 plastics, mixed paper).

Approximately 30 percent of the material that passes through the sorting facility is not recyclable — it is actually waste that was placed in the wrong container or acceptable recyclable material that has been contaminated by dirty items. Much of this waste had been passed on to China to sort through. The cost to process/sort this waste is greater than the cost to dispose of it if it is collected as trash.

### **What the Recycling Process Looks Like**

To reduce the cost of processing and disposal of non-recyclable material, the amount of contamination being delivered to local processors needs to be significantly reduced. The recycling industry has responded by slowing down the sorting process to allow their employees to remove contaminants (trash and undesirable material) to improve the quality of recyclables being exported. This change has increased the per-ton cost to process recyclables.

*Source:*

<https://www.fairfaxcounty.gov/news2/adjusting-to-new-recycling-realities-5-ways-you-can-help-stop-wishful-recycling/>

## WHAT'S NEW AT RAVENSWORTH POOL?

We are so excited to welcome the 2019 Pool Season! If you haven't signed up yet, go to [www.ravensworthfarmpool.com](http://www.ravensworthfarmpool.com) and become a member today. Follow us on <https://www.facebook.com/ravensworthfarmpool/> to get the latest announcements, event highlights, notification, and event updates throughout the summer. Our neighborhood pool provides the opportunity for meet-ups, potluck dinners, birthday parties, and making new friends. We continue to make improvements at the pool and the surrounding facility with a zero grade entry and mushroom spray fountain in the kiddie pool, bathroom refresh for the women's bathroom, and a new photo membership registration system. Members will be checked in to the pool with their name and picture on file! We hope this enhances the check-in process. Please look out for opportunities to add your picture to your membership. Our goal is to get many uploaded in advance of the season! The board also updated the policy to welcome children under 2 to be included in a two person membership complementary.

There is something for everyone at our pool. For families, there is our awesome swim team, Learn to Swim Program (Fledglings), award-winning diving team, and fun activities such as bingo Wednesdays, Sunday float nights, and more. For adults, summer fun includes movie nights, corn hole competition, Cinco de Mayo and July 4th parties, adults only events, and pig roasts.

Unlike most pools, our fees are inclusive of everything! There is no hefty bond fee, no extra maintenance fee or required volunteer hours, and no credit card extra charges. Sign up to enjoy the summer at the pool. Please contact Jennifer Auble, Membership Director, for any questions at 703-922-9353 or [membership@ravensworthfarmpool.com](mailto:membership@ravensworthfarmpool.com). See you at the pool!

	<b>Renewing Member</b>
<b>Family Membership</b> (after May 5)	\$550
<b>Senior</b>	\$275
<b>2 Member</b> <i>Children under 2 are free and included in this membership</i>	\$375
**There is a \$25 one-time additional fee for new memberships ** Memberships already include a \$25 maintenance fee to care for our grounds	

## DIVE INTO FUN!

*By Mary Beth Champlin*

There's much excitement & anticipation surrounding the Ravens' 2019 dive season! After clinching the Division 6 co-championship in 2018, the Ravens are now diving in Division 5! Once again, the Ravens will be coached by Troy Young & Logan Hannam. Both Logan & Troy have been diving and swimming competitively for over a decade and Ravensworth Farm Pool has served as their second home during the summer months for as long as they can remember. Both coaches have a wealth of experience and their love of the sport is obvious as seen in their ability to break down even the most difficult dives into simple steps. We have an exciting season ahead with our Tuesday night meets, Sunday pep rallies, and will be capping off the season by hosting Division 5 Divisionals!

Requirements to join the team:

1. The dive team is open to all children, up to the age of 18, who are current members at Ravensworth Farm Pool.
2. Divers must be able to swim to the ladder in the dive well area.
3. Please note, no dive experience is required - just bring an eagerness to learn and commit a minimum of 45 minutes per practice

See you on the Deck!

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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](mailto: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](mailto:choc64@gmail.com)).

**REMINDER: THE RAVENSWORTH FARMER MAY NOT BE DELIVERED**

REMINDER: The Ravensworth Farmer may not be delivered to homes that compromise the safety of the scout troop that delivers it. This includes homes that may have loose or unfriendly pets, hazardous walkways, or other impediments to safe delivery by the scouts. The Farmer is always available for viewing one week after home delivery on the Ravensworth Farm web site, <http://www.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 [rfcfarmer@ravensworthfarm.org](mailto: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* .

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<b>WANTED</b>	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.

## MEET LEW TAGLIAFERRE

Lewis (Lew) Tagliaferre, high school trumpeter, veteran of the Korean war, tech and business school graduate, husband, father, writer, and philosopher, has called Ravensworth Farm home since 1973. He, his wife, daughter, and son moved here because Lew thought it was a good neighborhood for kids to ride bikes and explore Accotink Park. His children are graduates of Annandale High School.

Born in 1933 to immigrant parents - one German, one Italian - Lew grew up in Cumberland, MD where he played high school trumpet and starred in drama and public speaking. On a high school trip to the United Nations in New York, he met his future wife, Rosalene, who was also there on a school trip. Their courtship was conducted primarily by letter. After high school, Lew enlisted during the Korean war, hoping to serve in one of the military musical groups but no trumpeters were needed then so he served on a B-36 bomber crew. Just before his last year of service, he and Rosalene were married. He was promptly sent to Puerto Rico and she returned to college and, once again, they wrote letters. After attending college part time, receiving degrees in electronics and business management, Lew entered a long career in defense contracting, which brought him to Virginia.

Just two years after settling in Ravensworth Farm, Lew's wife Rosalene was diagnosed with breast cancer. She was 42 at the time. Over the next 10 years, Lew saw her through surgeries, treatments, good times and awful times. When she died September 30, 1985, Lew felt he was facing a big black pit. In spite of that black pit, he still had to go to work every day. As a writer for technical publications, he traveled all around the nation and met many different people. This was good in that it gave him something to do and made him meet new people. It was bad, though, because he was doing it while facing that big black pit. All he had ever wanted to do was make his wife and family happy and he could no longer do that.

*Con't Pg. 25*



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## EVENTS

*Something to add? Email [RFCAFfarmer@ravensworthfarm.org](mailto:RFCAFfarmer@ravensworthfarm.org) or call 703-321-8757 to add to the calendar of events.*



- \* May 11 - **Community-wide Yard Sale**, 7am set-up, 8am-Noon, Pool parking lot
- May 11 – 1-7pm, **Spring Fling @ Accotink**, s'mores, golf, facepaint, nature talks, carnival games, Accotink Marina area
- \* 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 27 – **Memorial Day**
- + May 28 – **First Day of After-School Swim**
- + Jun 1- **Last day for Early-Bird Registration for Swim Team**
- 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](mailto:Maureen.Fletcher@fairfaxcounty.gov)
- Jun 11 – 6am-7pm, **Virginia Primary Elections**, Ravensworth Precinct votes at Ravensworth Elementary School
- June 13 – Last Day of School
- + July 6 – **Swim Team Talent Show & Swim for Diabetes** fundraiser
- + July 18 – **Blue & Gold (Boys vs. Girls) Swim Meet @ Ravensworth Pool**
- + July 22 – 4-10pm - **Swim Relay Carnival @ Ravensworth Pool**
- July 22- **11-Noon Healthy Strides Wellness Book Club @ Tysons-Pimmit Library**, Book: “The Yes Brain” by Siegel & Bryson
- + July 23- 10am – **Lollipop Meet** to end month of Fledglings Learn-to-Swim program
- + July 28 - **Division 5 Dive Competition @ Ravensworth Pool**
- 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](http://www.LBMSmusicaltheatre.com) and Lake Braddock High School at <http://www.lbtheatre.com/>.

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## **RAVENSWORTH POOL SWIM PROGRAMS: FUN, SKILLS, AND CONFIDENCE, TOO!**

By Julie Muir

The Fledglings learn-to-swim program and Ravens Swim Team are a fun and convenient way for young Farmers (ages 3 to 18) to get involved in swimming and make friends.

The Fledglings program places children ages 4 to 7 into small groups taught by experienced swim team members. Fledglings swim sessions take place in the mornings, beginning in mid-June and running for four weeks. There is adult supervision and lifeguards on the pool deck at all times. The focus of the program is on teaching basic swimming skills. The program culminates with a fun “Lollipop Swim Meet” that lets the Fledglings display their new skills through a variety of special events geared to the abilities of the young swimmers. Fledglings and their families are considered part of the Ravens Swim Team family, as many of the Ravens team members and coaches learned to swim as Fledglings.

The Ravens Swim Team welcomes swimmers up to age 18 who have basic swimming skills and are able to complete one length of the pool. Afternoon practices are held between Memorial Day and the end of the FCPS school year. Once school is out, morning practices run through the end of July. Ravens swim in highly competitive Northern Virginia Swimming League meets on Saturday mornings and in developmental meets held on weeknight evenings. There is an opportunity for every Raven to participate in a swim meet. The team also holds a variety of events during the season including potluck dinners, themed pep rallies, an annual talent show, and special breakfasts after practices.

Both programs develop essential skills in a sport that can be enjoyed throughout a lifetime, whether as a competitive swimmer, guest at a pool party, or a fitness enthusiast. For my son, an only child, the swim programs also introduced him to friends of all ages. He considers his team members, coaches, and the many swimmers he has taught and/or coached to be his friends, regardless of his –or their-- age. The Ravensworth Pool, and its swim programs, have truly been a friendly “village” my family has enjoyed being part of for many years. Even if your child isn’t competitive, there is a wonderful peace of mind that comes from knowing your child is a proficient swimmer. If you are new to the neighborhood or just planning for your family’s summer, you owe it to yourself to visit [ravensworthfarmpool.com](http://ravensworthfarmpool.com) to learn more about the Ravensworth Pool and these great programs.

*Editor’s Note: Julie Muir’s son went from early swimmer through to assistant coach with the Ravensworth Farm Swim Team. Julie served many years as a Stroke & Turn official for swim meets.*

## **NOISE ORDINANCE REMINDERS**

Fairfax County passed a new noise ordinance in 2016. The rules follow the principle that noise should generally be limited at night but allowed during the day. As longer days and weather that allow for open windows arrive, please note the following prohibitions:

### **Loudspeakers/Amplifiers**

Using a loudspeaker or amplifier between 10 p.m. and 7 a.m.

### **Noise Heard in Other Homes**

Making noise (including gatherings of people) that can be plainly heard in another person’s home with the doors and windows closed between 10 p.m. and 7 a.m. Sunday through Thursday, or between 11 p.m. and 7 a.m. on Fridays, Saturdays, and the day before a federal holiday.

### **Power Lawn Equipment**

Operating power lawn equipment, including lawn mowers: (a) between 9 p.m. and 7 a.m. when operating the equipment within 100 yards of a dwelling; or (b) between 9 p.m. and 6 a.m. when operating the equipment 100 yards or more from a dwelling... However, on all properties, the operation of leaf blowers is prohibited between 9 p.m. and 7 a.m.

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*Con't from Pg. 222*

### **Animal Barking, Howling, Etc.**

Barking, howling, meowing, squawking or quacking animals between 10 p.m. and 7 a.m. (nighttime) when it is loud enough to be heard inside a home with its doors and windows closed, or if these sounds are continuous for more than five minutes consecutively or non-consecutively during a 10-minute period between 7 a.m. and 10 p.m. (daytime).

### **Complaints**

If you are unable to speak with your neighbor about the noise caused by their pet, lawn equipment, party, music, etc. or if speaking with your neighbor does not result in a reduction in the noise, here's who to contact.

During daytime hours (Monday –Friday 9:15 a.m. – 4 p.m.), you should contact the Department of Code Compliance at 703-324-1300. At night, call the Police Department's non-emergency number, 703-691-2131.

To enforce the law, the county may seek civil and criminal penalties against violators, as well as court orders to prohibit current and future noise. Civil penalties start at \$250, rising to \$500 for subsequent offenses. Criminal convictions would be a misdemeanor.

Source: <https://www.fairfaxcounty.gov/news2/new-noise-ordinance-passed/>

## **MEET LEW TAGLIAFERRE (CON'T)**

*Con't from Pg. 16*

During this time, he was regularly journaling, something a grief recovery therapist had recommended. Lew later drew on those journals in his collaboration with Dr. Harbaugh to write "Recovery from Loss: A Personalized Guide to the Grieving Process" published in 1990. The book is still used in training therapists and other counselors who help those who are grieving.

During his travels, Lew discovered Sedona, Arizona and there began to feel healing. His 2006 book, "Voices of Sedona: A Spiritual Path to Serenity and Contentment" began to develop his philosophy of theofatalism and was followed by "Lessons From Sedona." Already a prolific writer of technical articles, Lew went on to become the author of many additional books including "Kisses Are Not Contracts", "Baby Boomer Lamentations", and "Theofatalism." In 2018, Lew published three books "Better Living, Better Dying," "Creating Serenity in Chaos" for caregivers, and "A Labyrinth Walk of Life." Lew figures he has at least two books left- an expose' of the bible and his memoirs.

Lew's writing hasn't kept him from other pursuits. A self-described "raging introvert," Lew makes a point of going against type and getting out and meeting others. A certified group leader, Lew offers meet-up groups on different topics. His newest group, forming now, is *Better Living Through Self Knowledge - learning and using functions of personality based on Myers-Briggs Personality Assessment*. The group is aimed at helping participants improve personal relations. Lew was a regular at the Golden Ravens gatherings until that neighborhood group disbanded. Lew notes that there are fewer people of his generation with whom to socialize and younger folks are harder to meet so it is becoming more difficult to get out and socialize. For more information on his books or meet-up groups, Lew can be reached at [LewTag@aol.com](mailto:LewTag@aol.com).

*Do you have a neighbor with an interesting background, hobby, or past or present career that you think other neighbors should meet in the pages of The Ravensworth Farmer? If so, submit your neighbor's name as a candidate to be interviewed. [RFCAFarm@ravensworthfarm.org](mailto:RFCAFarm@ravensworthfarm.org)*



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