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RAVENSWORTH PLANTATION, VA.

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

June 2019

The Ravensworth *Farmer*

Issue 8

**AUG. 31 NEIGHBORHOOD BBQ AT THE POOL (ALL WELCOME)**



The Ravensworth Farm Civic Association is hosting the annual Neighborhood Barbecue and Awards Night at the pool August 31, 2019. ALL NEIGHBORS ARE

WELCOME to come, eat, and swim - even if you're not a pool member. The Civic Association supplies the meat (pork and non-pork options available) and paper goods and all of us who attend bring the sides and desserts.

Be sure to arrive at 4:00 to hear the announcements of the "Farmer of the Year," "Young Farmer," and "Farmer Life of Service" award winners and nominees.

Barring an emergency call, we expect a visit from a fire truck as we honor our local fire station. The young and young-at-heart will enjoy the chance to touch a truck.

**CIVIC ASSOCIATION PO BOX CHANGE**

The Ravensworth Farm Civic Association's PO Box number has changed. Please remove PO Box 1020 from your address book and replace it with **PO Box 1733**. The rest of the address remains Springfield VA 22151.



**STOP—SAVE THIS FARMER!**  
It's the last one until September.

Check the website, Facebook page, and sign up for the RFCA newsletter to receive up-to-date information during the summer.

**PAY CIVIC ASSOCIATION DUES ONLINE**

If you still need to pay your Civic Association dues for **2018-2019**, you can do so by going to **<http://pay.ravensworthfarm.org>**.

You can pay via PayPal or credit card. All Civic Association members will receive a free copy of the Ravensworth Farm Community Directory. Civic Association dues are \$15 and cover the cost of activities ranging from entrance beautification to the Community BBQ, as well as publication of *The Ravensworth Farmer*.

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
Summer	BBQ & Awards Ceremony– Aug. 31 @ Pool (near playground), 4pm Awards, 5-7pm Eat & Swim. All Ravensworth Farm residents invited to eat and swim, even if not pool members. Bring a side dish.				
September	4	4	5	28 / 29	

**General and Board Meetings and Events will resume in September.**

### BOY SCOUT TROOP 991

The weeks have been busy for Troop 991 -- good busy. Six members of Troop 991 headed out to the Chesapeake Bay to experience the thrill of rifle shooting, while focusing on safety and skills. At a Crossover ceremony, Troop 991 welcomed four Webelos to our troop. As part of crossover, the Scouts cross a bridge to symbolize their growth from Cub Scout to Boy Scout.

Those new Scouts soon joined for a long weekend at one of the kids' favorite activities, camping at Mr. T's. Two more Life Scouts are closing in on Eagle as they plan their Eagle projects, both of which will benefit our Ravensworth neighborhood. These two Scouts would bring the total Eagles from 991 to 105. The rain stayed away for one of the most successful Community Yard Sales at Ravensworth Farm Pool. The Scouts manned the grill to be sure everyone there had all the cheeseburgers and hotdogs they could eat.

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!

### GARDENS OF THE SEASON SPRING

*By Green Thumb Garden Club*

Judging Garden of the Season is so rewarding. We went out May 9. Many neighbors are taking pride in their yard. Not only are the trees, shrubs and plants lush but the hardscaping is varied and inventive. Please take a walk and enjoy our neighbors' efforts! The fall Garden of the Season judging will be in mid-October.

#### **Top Three**

First Place 7916 Slidell Lane  
Second Place 5227 Kepler Lane  
Third Place 8133 Drayton

#### **Honorable Mentions**

5400 Inverchapel Rd  
5309 Nutting Dr  
5323 Pillow Dr  
5504 Queensberry Ave

5523 Queensberry Ave  
5614 Rathbone Pl  
5619 Ravenel Ln  
5513 Sedgwick Ln

## POOL PARKING PATIENCE PLEASE - JULY 22 & 28

Monday, July 22 in the evening, the Ravensworth Farm Swim Team will be hosting the Division 5 Individual Medley Carnival. This means swimmers and coaches from five other teams will be parking at and around our pool that evening. The pool will be closed for swimming but feel free to come take advantage of the concession stand and cheer on our Raven swimmers as they swim races that involve all four competition strokes- butterfly, back-stroke, breaststroke, and freestyle. Please be patient- it will all be over by 10pm.

Sunday, July 28, all day, the Ravensworth Farm Dive Team will be hosting the Division 5 Dive Divisional championship. Again, five other teams will need to park near our pool. The Dive Well of the pool will be closed for the day and there may be times when the occupants of the rest of the pool area will be asked to be extra quiet as a diver concentrates on his or her upcoming dive.

Thank you, Farmers, for your patience as the pool hosts these two large events. Go RAVENS!!!! Have fun!! Swim fast and dive gracefully!

## SPRING CLEAN-UP @ GREEN THUMB GARDEN CLUB

By Eleanor Lillo, VP Green Thumb Garden Club of Ravensworth

The Green Thumb Garden Club of Ravensworth wishes to extend a sincere thank you to General Manager David Watkins of the Merrifield Garden Center of Falls Church for allowing landscape designer, Seth Warner, to provide a presentation on Spring Clean-up and Preparation at the garden club's April monthly meeting. Seth's amiable personality and knowledge of the subject matter made his presentation very enjoyable and enlightening to all of our members. He also did not hesitate to answer the many questions asked of him. We appreciate the Merrifield Garden Center's continuing support to local community organizations.



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## **ALLAN ROBERTSON NAMED BRADDOCK DISTRICT COMMUNITY CHAMPION**

Allan Robertson, President of Ravensworth Farm Civic Association and of Save Lake Accotink was named the 2019 Braddock District Community Champion by Supervisor John Cook. Allan was one of the founding members of the local environmental group Save Lake Accotink, which has grown into a major grass-roots organization. The group formed when residents heard that the lake was in danger of disappearing due to sediment build up and expensive dredging costs. Under Allan's leadership, the group installed hundreds of yard signs around the County showing their support for conserving the lake. The group also collected thousands of petition signatures to add a bond question on the 2019 ballot to fund a full dredging of the lake and forebay construction. The petition was presented to the Park Authority and Supervisor Cook entered it into the record of the Board of Supervisors in June 2018.

This week the Board voted to include funding for Lake Accotink's preservation in the FY2021 Capital Improvement Plan (CIP) and the Board's Budget Guidance. Community News Braddock Neighborhood News 4 Allan's activism and leadership has inspired his neighbors and Braddock residents to get involved in their community. His outstanding contributions and dedication to the Braddock District are what makes him a true Community Champion.

*Source: The Braddock Beacon, May 2019*

## **A CHRISTMAS FLIGHT BY OUR OWN MARY LIPSEY**

Ravensworth Farm has several published authors. Mary Lipsey recently published "A Christmas Flight: Aviation Pioneer, Dr. William Christmas". If you missed Mary at the May 16 Civic Association Meeting, you can buy her book about an inventive-but-forgotten Fairfax County resident on Amazon. Here's the Amazon synopsis.

Although he's not remembered as such anymore, Dr. William Christmas invented inset ailerons, which are still used over 100 years later on nearly every modern aircraft. His contemporaries included the Wright brothers and Glenn Curtiss.

A Christmas Flight is the first-ever biography about the talented, yet now forgotten, man who made many important contributions to aviation. He built his first plane in secret on a farm in Fairfax County, VA, then moved his operations to College Park Air Field in Maryland, and later established a factory on Long Island, NY.

A gifted inventor, Dr. Christmas was awarded his first patent, one of many, at age 18. He also designed an underground airport and a flying hotel.

A Christmas Flight has 60 illustrations, 3 maps, an appendix of his aviation-related patents, and a timeline listing the aeronautical accomplishments of Dr. Christmas alongside those of Dr. Samuel P. Langley and the Wright brothers.

## **NEW FAIRFAX COUNTY SIGN ORDINANCE**

Did you know that Fairfax County recently adopted a new Sign Ordinance? On March 19th, the Board of Supervisors approved the new regulations, which were made effective the following day. The Sign Ordinance regulates all types of signs on private property within the County. For this reason, the Ordinance is of interest to both homeowners and business owners.

For homeowners, the new regulations establish "yard signs," allowing homeowners to display small signs on their lots for a variety of purposes. Each lot developed with a residential use is allowed to display up to 12 square feet of signs. However, no single sign can be more than 4 square feet in size, and the height of any freestanding sign is limited to 4 feet.

For businesses and other non-residential uses, the new regulations allow for certain types and sizes of permanent signs, as well as a number of different "minor sign" types (formerly referred to as "temporary signs").



*Con't from Pg. 8*

The minor signs that are allowed include square footage for signs such as banners, as well as A-frame signs and window displays. Depending on the road class that the property is located along, 24 to 32 square feet of signs is allowed per lot. However, only two freestanding signs are allowed at one time, with a maximum height of 4 feet. Prohibited signs include moving or windblown signs, such as inflatable characters, balloons, or feather flags; any sign that displays flashing or animated lights; signs placed on the roof of a building, and off-premise commercial signs, except that commercial signs can be placed on a residential lot as a yard sign when displayed from noon Friday until noon Monday (real estate open house signs, for example); and signs that impair traffic.

For more information, visit the Department of Planning & Zoning website at <https://www.fairfaxcounty.gov/planning-zoning/zoning/sign-ordinance>. For concerns or complaints regarding signs, please contact the Department of Code Compliance at <https://www.fairfaxcounty.gov/code/> or call 703- 324-1300.

*Source: The Braddock Beacon, May 2019*

### **LIGHTNING ALERT SYSTEM AT GMU**

A new lightning alert system has been installed on George Mason University's West Campus (Fairfax) to provide weather warnings to students, employees, and visitors who are outdoors on recreation fields, athletic fields, or attending outdoor sporting events. When lightning is detected within 10 miles of campus, a loud 15- second siren will sound. Thirty-minutes after the last lightning strike within a 10-mile radius of campus, three five-second siren bursts will sound to signal that it is safe to resume activities outdoors. Although this system is installed on the West Campus, the siren will be heard throughout the Fairfax Campus and surrounding area. This system is currently scheduled to be operational from 9:00 a.m. to 11:00 p.m. daily. For an overview of the system please see the following link: <https://www.youtube.com/watch?v=zJe7u90SzOo>.

When you hear the siren, for your safety seek shelter in a building or vehicle. For additional information about emergency preparedness at George Mason University, please visit <http://ready.gmu.edu> or contact the Environmental Health and Safety Office at 703-993-8448, or [safety@gmu.edu](mailto:safety@gmu.edu).

*Source: The Braddock Beacon, May 2019*

### **BRADDOCK NIGHTS CONCERTS AT ACCOTINK**

Join your neighbors and others at beautiful Lake Accotink for Friday evening concerts that showcase classical to bluegrass and everything in between. Bring a picnic dinner, blankets, and lawn chairs and relax with friends and family to celebrate the end of the work week. For last-minute performance cancellations due to inclement weather, call the Hotline at 703-324-SHOW (7469) one hour prior to the program start time.

#### **Schedule**

*Friday evenings • 7:30 p.m.*

July 5 – City of Falls Church Concert Band (This popular 50-piece community band performs overtures, marches, pop tunes and musicals and features some soloists.)

July 12 – Karl Stoll & The Danger Zone (Rock, Blues)

July 19 – Natty Beaux (Swing)

July 26 – Alt Washingtonia Schuhplattler Verein (Alpine Dance/Music)

August 2 – The United States Army Blues (Jazz)

August 9 – Karen Collins & The Backroads Band (Honky Tonk)

August 16 – City of Fairfax Band – Alte Kameraden German Band (Music of Germany)

August 23 – Big Howdy Band (Bluegrass)

Schedule subject to change. Check website for latest schedule:  
[fairfaxcounty.gov/parks/performances/braddock-nights](http://fairfaxcounty.gov/parks/performances/braddock-nights)

For information on Braddock Nights at Royal Lake Park, visit [facebook.com/events/292749321616568](https://facebook.com/events/292749321616568)

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## TOP 10 REASONS TO JOIN RAVENSWORTH POOL

By: Jennifer Auble Membership Director Ravensworth Farm Pool

- 10) Water mushroom in our baby pool. Fun for young kids to play with.
- 9) A nice 3 foot roped area for our pre-school age folks to swim and stand.
- 8) Awesome Learn to Swim Program "Fledglings" - 5 days a week for four weeks. Lots of fun and kids love our breakfast Fridays and a Lollipop meet at the end of the program to celebrate.
- 7) Award winning dive team and Spirited Swim Team. Always accepting new and current divers.
- 6) Fun playground, Volleyball courts
- 5) Activities, Activities, Activities. Come for Wednesday Bingo and lots of parties, July 4th Splash Contests, Noodle Nights, Sundaes on Sunday and more. Activities are all year round (once a month in the off season).
- 4) No bond fees or mandatory cleanup/volunteer hours. We have one membership fee according to membership type.
- 3) We have family memberships, senior memberships, and two-person memberships available. The two person membership can also include a child under 2 at no extra charge.
- 2) Meet your friends at the pool. Great place to get out of the house and invite a friend.
- 1) Conveniently located in your neighborhood. Enjoy leisurely swimming, suntanning, and relaxing! Go on Sundays to adult swim, take a dip in the pool on a hot day, or read a book in the sun or shade, we have you covered! If you have any questions, I am happy to answer them. We look forward to seeing you poolside.

## POOL NEWS- SAVE THE DATES

And check the website <https://www.ravensworthfarmpool.com/> for more events as they are scheduled.

**June 12-** Middle School/Teen Night Fundraiser will be on June 12 - 7th Grade thru Seniors ONLY. No older or younger siblings. Music, Food and Fun! Open to ALL 7th Grade thru Seniors, not just members! Admission fee and other details will be posted on the website soon.

**June 13-** Elementary Night Fundraiser is set for June 13 - Rising K thru 6th Grade Grads ONLY. No older or younger siblings. Chaperones required. Music, Food and Fun! Open to ALL Rising K thru 6th Grade Grads, not just members! Admission fee and other details will be posted on the website soon.

**July 4-** Fourth of July PARTY for Members Only. Come take a dip before your firework festivities! Event from 12-3. Check the website and Facebook for details.

**Wednesdays in July** - Bingo at the Pool is BACK! (Members Only) See flyer at the pool for exact dates.

**September 1-** Noodle Night (Members Only) - Make your tastiest pasta dish and win the grand prize! We need noodle MAKERS and EATERS! This is always a good time! Come hungry and ready to cast a vote.

\*\*\*\*\*

Want to earn some extra cash this summer? Pool Members can earn \$25 just by planning an event at the pool! We are trying something new this year to keep the community fun PUMPING all summer long!!! You will need to discuss a date (dates) with the Board prior to planning your event. After confirmation, you will be responsible for carrying out the details required to make that event happen within a specified budget. Children's events, family events, adult events..... whatever you'd like to do!!!! Email Melanie at [RWPoolAct@gmail.com](mailto:RWPoolAct@gmail.com) for more info. See you on the deck!!!!

Like to play volleyball? Looking for a Volleyball Point Person for our pool's sand court. You would be responsible for scheduling a set day and time every week (for a specified duration of time). You must advertise on FB and post a flyer at the pool, plus attend the games. These games would be open to all levels for some pool community fun and fitness.

*\*This opportunity would earn you the \$25 cash back mentioned above.*



## HEALTH & FITNESS

By Natalie Sarigianis

**Six Key Principles for Optimum Wellness (adapted from ACE Healthy Living January 2019):**

### **STEP 5: Connect Regularly and Meaningfully**

**Examples include:**

- Take time for self-reflection on a regular basis.
- Make a point to connect with family and friends outside of social media.
- Connect with strangers and the larger world (be a global citizen).
- Get in touch with the environment by spending time outdoors.
- Connect spiritually, whatever that looks like for you.
- Give back and be kind to all.

### **STEP 6: Cope With Stress**

**Here are some ideas to get you started:**

- Exercise!
- Set priorities.
- Manage your time well.
- Have some “me” time.
- Manage your space well (stay organized).
- Plan ahead.
- Have realistic expectations.
- Meditate and be mindful.
- Strive for a positive outlook.
- Set boundaries.
- Get adequate sleep!
- Explore relaxing activities (deep breathing, tai-chi, yoga, etc)
- Take control and take responsibility.
- Talk with a mental health professional.
- Live your healthiest lifestyle: healthy diet + daily physical activity!



Not sure how or where to begin on your path towards optimal wellness? At Audrey Moore RECenter, we have **Health Coaches** ready to come along side you and support you on your journey.

What exactly do Health Coaches do? Our coaches are trained to empower clients (YOU!) through behavior change so they can adopt healthy lifestyle habits that prevent, mitigate and even reverse certain chronic health conditions. These new, healthy lifestyle habits may include increasing physical activity, adopting healthier, more nutritious eating habits, improving sleep patterns and/or decreasing stress. Clients work one-on-one with their Health Coach to create, implement and sustain their own personal wellness plan! **\*\*\*Note: you do not have to be a RECenter member to purchase either our Health Coaching and/or Personal Training services!**

**SUMMER PASS SALE: 15% off 4- and 12-month memberships!** Sale runs until June 15th. 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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## **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)).



CLASSIFIED ADS may be placed in The *Farmer* at no cost to Ravensworth Farm residents. Classified ads may be placed by sending them to [rcaf farmer@ravensworthfarm.org](mailto:rcaf farmer@ravensworthfarm.org) or to PO Box 1733, 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*.

<b>SERVICES OFFERED</b>	Mei Tan, Inverchapel Rd homeowner and "lunch lady" at North Springfield Elementary School, is available for daytime childcare this summer. For example, she can make sure your children get to Fledglings or Swim, take them home again and watch them until 4pm (potentially later on Mondays). Text Mei (pronounced like May) at 703-389-6276.
<b>FREE</b>	Men's walking shoes new never worn, Nunn Bush, color brown size 10.5 XW - 4E. Phone 703-321-9268 or email <a href="mailto:lewtag@aol.com">lewtag@aol.com</a> .
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<b>FREE</b>	Free two full-size inflatable beds never used. Phone 703-321-9268 or email <a href="mailto:lewtag@aol.com">lewtag@aol.com</a> .
<b>HELP DC HOMELESS</b>	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 <a href="http://www.Kassirfoundation.org">www.Kassirfoundation.org</a> .
<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.

## **FRIENDS OF LAKE ACCOTINK PARK**

By Mary Keeser

Help Lake Accotink – FLAP is your official caretaker of Lake Accotink Park – LAP (Trail, Lake Clean-ups, Educational Programs, Pollinator Educational Garden, Community LAP focused events and liaison with FCPA for Lake Accotink Park Master Plan). See our Facebook page for impactful volunteer opportunities.



WHEN: 2nd Sun of every Month  
 TIME: 9:00am -11:00ish  
 WHERE: Several Meeting Locations

- \*Lake Accotink Trail entrance Ellet and Inverchapel Road
- \*Lake Accotink Marina
- \*Lake Accotink Trail entrance at the end of Danberry Forest Drive (Kirkham and Uxbridge Ct Playground)
- \*Lake Accotink Trail entrance Queensbury and Hatteras

ACTIVITIES: Meet at one of the above locations, pick-up trash bags from our Volunteer lead and hit the trail to fill your trash bags with debris carelessly dumped, dropped - forgotten  
 Note: Long sleeves, gloves, boots and long pants are encouraged

QUESTIONS: [contact@flapaccotink.org](mailto:contact@flapaccotink.org); <https://www.facebook.com/friendsoflakeaccotinkpark/>



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**EVENTS**

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



- 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  
 Aug 31 – **Ravensworth Farm Community BBQ @ Pool**. All welcome to eat, swim, and play for free. Bring a side dish. 4-7pm  
 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/>.

**BRADDOCK DISTRICT SUPERVISOR CANDIDATES**

Editor’s Note: Primary elections in Virginia are June 11. If you are registered to vote at your Ravensworth Farm address, you will vote at Ravensworth Elementary School between 6am and 7pm.

**Meet Fairfax County’s Braddock District supervisor candidates**

By Angela Woolsey writing in the Fairfax County Times, Apr 19, 2019

With four supervisors planning to retire and a fifth seeking a different seat as chairman, Fairfax County will see a significant turnover in local representatives when a new Board of Supervisors convenes next year.

Braddock District Supervisor John Cook led the wave of retirement announcements when he disclosed on Nov. 16 that he will not seek reelection after representing the district encompassing George Mason University and Lake Accotink for three terms.

James Walkinshaw, Rep. Gerry Connolly’s (D-Va.) longtime chief of staff, announced that he will run for the board’s Braddock District seat on Nov. 10, but since Cook revealed his plans to step down, three other candidates have launched campaigns.

Con’t Pg. 22

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**BRADDOCK DISTRICT SUPERVISOR CANDIDATES (CON'T)**

*Con't from Pg. 19*

While the general election remains months away, Braddock District supervisor will be on the ballot for the Democratic Party primary on June 11, so it is never too early for voters to get to know their candidates.

**Irma Corado**

A Fairfax County resident since her family moved to the U.S. from Guatemala when she was 3, Irma Corado is upfront about how her experience growing up as an undocumented immigrant shaped her political views and priorities.

Pledging to terminate Fairfax County's collaboration with federal immigration authorities, the community activist decided to run for Braddock District supervisor in part because she believes county leadership needs to better represent immigrants, people of color, and young people. For immigrant communities in particular, that lack of representation affects decision-making on issues ranging from detention and deportation to the accessibility of the county website and other communication tools, Corado says.

"Now that I'm a citizen, I want to use the power and privilege that I have to make sure that our immigrant community has a supervisor who's willing to stick their neck out for them, who's willing to fight for true justice, equity, and inclusion in the county," Corado said.

After working for a nonprofit in Guatemala following her graduation from the University of Virginia, Corado returned to the U.S. and currently works as a digital data associate for the Indivisible Project, a political advocacy group.

She also co-founded La ColectiVA, a grassroots organization dedicated to tackling social and racial justice issues, such as immigration, criminal justice, mental health, and gentrification. In addition to addressing concerns specific to immigrants in Fairfax County, Corado's priorities include affordable housing and fully funding the Fairfax County Public Schools system, which she attended starting with Braddock Elementary School. Corado says she thinks Fairfax County should be setting goals for using entirely renewable energy sources. "I think we're at a point in Fairfax County where we can really start looking at renewable energy sources as our next big economy and start investing in that," Corado said.

**Carey Chet Campbell**

Independent candidate Carey Chet Campbell has become a regular presence in Fairfax County elections. He was also recently endorsed by the Independent Green Party. The U.S. Air Force veteran first ran for Braddock District supervisor in 2007 but lost to Sharon Bulova, who also defeated Campbell in 2009 when they both campaigned to become Board of Supervisors chairman in a special election. Campbell has run for county office six times in the past 12 years, and this is his fifth push to represent Braddock District on the board. "I believe we have to do our duty and our civic responsibility," Campbell said. "That means stepping up and offering positive solutions and being engaged."

Formerly a broadcast journalist for the Armed Forces Network, Campbell now works as an accountant and has been closely involved in the Independent Green Party for decades, including 10 years where he served as the party's Virginia state chairman. He continues to serve on the Independent Green Party of Virginia's executive committee.

Over the course of his 30 years as a Braddock District resident, Campbell has participated in the civic association for his North Springfield neighborhood and on the Braddock District Council. He has served as vice president of the Fairfax Federation of Citizens Associations.

*Con't Pg. 25*

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## **BRADDOCK DISTRICT SUPERVISOR CANDIDATES (CON'T)**

*Con't from Pg. 22*

Transportation and the environment form the cornerstone of Campbell's campaign, as he calls for more bike lanes, light rail, and other transit aimed at reducing the use of cars as well as more investment in renewable energy sources, such as solar panels and geothermal energy. "Transportation's certainly a very important priority to everyone in Braddock District who needs to sit in traffic," Campbell said. "We can improve Braddock Road, Rolling Road, all of these by bringing rail and not more expanded lanes of traffic."

### **Jason Remer**

Jason Remer's campaign for Braddock District supervisor was partly spurred by the man who currently occupies the seat. Though he is now an engineer with 36 years of experience in the energy and homeland security industries, Remer got his first glimpse of the political world in 2000 when he moved to Fairfax County to serve as a Congressional fellow for Rep. Joe Barton (R-Texas). Remer says the experience was valuable for learning the responsibilities of elected office, but as the father of six school-age children at the time, he decided he should focus on his family instead of pursuing politics. With all of his children now adults, Remer determined that the right time to get involved in local government had arrived after meeting Cook through a friend of a friend. Cook has officially endorsed Remer as his preferred successor.

"I've benefitted from this county greatly," Remer said. "... We like live in a park, almost the whole county, [with] the flowers and the trees and just the kind of services we have in the county, so I want to give back to my community."

Remer's priorities include transportation and infrastructure investment, clean energy, career and technical education, and reducing the cost of living in Fairfax County, but his desire to continue Cook's work on Diversion First may be his most personal goal. Remer says his brother was diagnosed with bipolar disorder. At times, he would get in trouble with the police and go to jail, but he was never offered help and eventually died by suicide. Started on Jan. 1, 2016, Fairfax County's Diversion First initiative directs people with mental health and substance use issues to treatment instead of arresting them for nonviolent offenses. "Not only do the people get better, it costs the county less money...than sending them to jail," Remer said. "I want to be involved in programs like that."

### **James Walkinshaw**

As Gerry Connolly's chief of staff for 12 years, James Walkinshaw worked on multiple elections for the Congressman as well as policymaking on issues like transportation, the environment, and the budget. At a campaign kick-off event on Dec. 16, Walkinshaw cited ensuring all children get a strong education, giving commuters more choices to get more cars off the road, and making Fairfax County government carbon-neutral as his top goals if he is elected.

In an interview with the Fairfax County Times at his campaign kick-off, Walkinshaw said that his time working for Connolly, including when he was on the Board of Supervisors, taught him the importance of local government. "You can't just get up and talk about things. You have to actually solve problems," Walkinshaw said. "I learned that, and I want to take that approach to being Braddock District supervisor."

*Editor's Note: James Walkinshaw is a Ravensworth Farm resident and former member of the Ravensworth Farm Civic Association board.*

## **RAVENSWORTH BABYSITTING CO-OP**

If you have children in the baby to younger elementary years, 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 Chris Hunt at starsman66@yahoo.com or any other co-op member for more information or to attend the next meeting.



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