

THE KNOLLS NEWS

Sharing News of Common Interest

October 2013

Dear Neighbors and Friends – This is a *special edition* to our quarterly newsletter. Unfortunately, due to a mix up several articles were not included in the September edition and we also wanted to ensure all members are informed of our activities and meetings for the next few months, especially our “Halloween Parade and party”, see insert. I hope that everyone will be able to join us in our fall activities.

Tom Blume
WKCA President

Activities sponsored by the WKCA are:

- **Neighborhood Watch** – patrolling our neighborhood and notifying residents when something is amiss.
- **Knolls News** – Quarterly – Providing information on WKCA activities, home improvement tips, committee reports, neighborhood news, and more!
- **WKCA Website and Email Updates** – Check out www.winstonknolls.net or find us on Facebook – offering 24/7 access to neighborhood resources and information.
- **Neighborhood Directory** – An excellent resource is published biennially. Members will receive a 2014 directory as it is printed every two years.
- **Social Events** – Sponsoring events like the 4th of July Parade Ice Cream Social, Halloween Parade and Party, Community Picnic, and more.
- **Service** – Twice a year Dumpster Day/Large pick up saves you the time and effort of going to the dump or paying your trash service \$75 for a special pickup. The WKCA also sponsors Cub Scout Pack 685 and Pack 686.
- **Beautification** – Sponsoring a Cleanup Day in the Spring, planting trees, funding the mowing of Huntsman median sidewalks, and sign area throughout the spring/summer - to help us keep up property values and support the natural beauty around us.
- **Advocacy** – Gathering information on issues of importance to WK residents, sharing it, gathering input, and representing the community when appropriate.

WKCA's 2013 Fall Calendar**WKCA and Orange Hunt Yard Sale Day – Saturday Sep 28****WKCA and Orange Hunt Community Large Item Pick-Up/Dumpster Day at OHES – Saturday Oct 5****Board meeting – Oct 14 (open to all) at 7PM, place TBD****WKCA Cleanup/Dumpster Day at Spur Road – Saturday Oct 19****Halloween Parade & Party – Saturday Oct 26****Deadline for articles to WKCA Newsletter – Oct 28****WKCA Nominating Committee formed for 2014 WKCA Officers - Nov 4****WKCA Board meeting/preparation for General meeting (open to all) – Nov 18 at 7PM, place TBD*****WKCA General meeting – December 9 at 7PM, at OHES cafeteria (election of officers and guest speaker)****HELP SUPPORT YOUR WINSTON KNOLLS COMMUNITY!**

The WKCA board is seeking volunteers to fill positions of long-serving committee chairs who would like to turn over their role to someone new. Please contact me to learn more about the board and the role you could fill as a volunteer for the community. No prior experience is necessary! This is a great way to give back and stay in the know about our community. Call me! (Tom Blume 703-569-2368)

***Retired? Working from home? Looking for intellectual stimulation
in a social setting? You need to meet OLLI!***

BY Elaine Leonard

Winston Knolls

Winston Knolls Civic Association membership is voluntary and offered to each of our 489 homes. We sponsor civic-minded events and promote and protect the well being of our neighborhood!

Website Resource for WKCA
www.winstonknolls.net

The Knolls News is a periodic publication of the Winston Knolls Civic Association, and is distributed free to all 489 homes in the community. Classified advertisements are free to members of the Civic Association. Business advertisements are also available for a fee. We encourage you to use our advertisers, and expect that you will do your own research before employing persons to work on your home or property. For information on any article or on WK advertising rates, please contact Sue Guthrie at austriasb03@yahoo.com.

Advertising Rates: Business card size: \$20.00
One-fourth page: \$35.00
One-third page: \$45.00
One-half page: \$60.00
Full page: \$100.00

I am a member of the educational organization described in the article below and I find it very rewarding. **OLLI** is located near the George Mason University Campus at 4210 Roberts Road in Fairfax, a 20 minute drive. The fall term has begun and runs through November 8th. **However, classes are available 14 October - 8 Nov, winter session begins 20 Jan - 14 Feb and the spring session starts 24 Mar - 16 May.** If you have the time and an interest in exploring new subjects, or sharing your knowledge with others, you may want to look into this valuable community resource.

Discover the incredible social, cultural and academic opportunities offered by the nearby Osher Lifelong Learning Institute (OLLI), an affiliate of George Mason University. This 1000 plus member nonprofit organization, located 7 miles from Winston Knolls offers you the opportunity to:

- ✚ Take fun classes on a wide variety of sophisticated subjects with NO grades or exams, just learning for the pure joy of learning.
- ✚ Meet other smart, curious people of all ages.
- ✚ Hear noteworthy speakers, including newsmakers in Washington and many distinguished GMU professors.
- ✚ Socialize in special interest clubs and activities.

For people who love to learn, OLLI is a dream come true. You can take classes in “Anything 101” – acting, history, Broadway movies, Latin, writing, you name it! There are also concert series, special presentations, and opportunities to hang out in OLLI’s Social Annex, where you can enjoy coffee and cookies with other members. Visit the OLLI website at <http://www.lli.gmu.edu/> (or just Google “OLLI GMU”) and check out the options. Take a look at the catalog of classes, and if your curiosity is piqued, sample a class or two for FREE (if the course is not already full – check beforehand using the number or email below). The best part of OLLI is meeting many interesting people you might never know otherwise. Members come from a wide variety of different backgrounds and many have had remarkable experiences -- but what they all have in common is having fun learning and sharing knowledge. As we say at OLLI, “Senior Learning Has Never Been So Much Fun.” To put the passion and energy of OLLI into your life, just call (703) 503-3384 or email olli@gmu.edu.

Notice of Meeting

Pardon Our Dust Meeting for Huntsman Lake Dam Project

When: Wednesday, October 9 at 7:00 p.m.

Where: Pohick Regional Library, Meeting Room #1, 6450 Sydenstricker Rd.

Fairfax County, in partnership with NRCS and the Northern Virginia Soil and Water Conservation District (NVSWCD) initiated a project to rehabilitate the Huntsman Lake dam in 2010. A series of community meetings were previously held to inform residents about the project and solicit input. A spillway rehabilitation plan was completed by NRCS in September, 2011, and a final design for the project was completed earlier this year. In June this year, the County and NVSWCD executed a project agreement with NRCS to provide cost-share federal funds for the dam rehabilitation project. Fairfax County will also be dredging the lake through a separate project that does not include federal funds. The Fairfax County Department of Public Works and Environmental Services is currently in the process of selecting a contractor to construct the dam improvements. Before work begins, an information meeting will be held on October 9, 2013. Staff will present an overview of the proposed construction work, provide answers to questions and discuss safety issues. **The meeting will begin promptly at 7:00 p.m.**

Could your ceiling collapse on you?



From the Home Improvement Desk...



Could severe injuries result? MAYBE! Winston Knolls homes are over 30+ years old, on the 4th July around 1 am the ceiling in an Aspen model master bedroom completely collapsed, luckily, not seriously hurting, but injuring, the owner. There was no previous or recent water seepage. The collapse appears to have been due to the large ceiling expanse, inadequate wall board adhesive, nails not spaced correctly nor enough, the weight of our old, blown-in insulation with moisture absorption during our long spell of humid weather, and the normal “pulling-out” of nails caused by the house “breathing”, that is expanding and contracting with temperature. In order to be safe, at least check or have checked your large 2nd floor bedroom ceilings. To check if nails have pulled down, press on the ceiling in an upward motion in various places to see if you can push (lift the ceiling) up to the rafter. If there is movement, take appropriate action to ensure your home doesn’t end up like the one above. As we learn more, we will post additional suggestions on the WKCA web site.

Newsletter Delivery Help Wanted:

Have you been thinking about giving a little back to your community? Do you have two-three hours every two months to help get the Winston Knolls Newsletter out to your neighbors? If you would like to support the Winston Knolls Civic Association, but do not have a lot of time, a perfect opportunity is opening up. The Civic Association is looking for a young responsible person to assist in the delivery of the Winston Knolls Newsletters. This is a paid job and would require 2-3 hours of work every two months. If interested please contact Carolyn Rapoza at 703 451 5276 or at crapoza@hotmail.com.

Neighborhood Watch

Our thanks to these community families that have served May - August protecting our community: Bookbinder & Mabie, Bob & Anne Fleming, John & Donna Foley, Calendar & Alexander, Jonathan & Akiko Clough, Brian & Pam Dettelbach and Michael & Sherlene Edwards. The internet sign-up with reminder emails have not gone over very well. Therefore, we will return to phoning each volunteer until we get the NW spots assigned. Discussions at your Civic Board meetings have determined that we will return to phoning by four volunteers, each taking a time period to fill as many dates as they can. This continues until the season is filled. The coordinator will update the calendar, resolve conflicts, emergency issues, etc., publish a calendar, email reminders, and coordinate teams, watch bag, etc. Anyone willing to help man the phones and solicit volunteers for NW, plus schedule open dates - - are asked to contact **Bob Hinson** via email at wkwatch@winstonknolls.net

People in our Neighborhood



Do you recognize the person in this picture? Whether you do or not, if you do see him please take a moment to stop and thank him for what he does for our community. His name is John White and he retired from the Department of State, Foreign Service in 1990, with a total of 33 years of combined civilian and military service. He has lived in Orange Hunt since 1979 and after suffering a minor stroke in 2001, his doctor ordered him to lose weight and start exercising; this is when he started his daily morning walks.

During these morning walks, John noticed large amounts of trash along our streets, particularly on Huntsman Blvd and Sydenstricker Road. John asked himself, “why is someone not doing something about this.” Additionally, the grounds keepers were simply running over the trash with their lawnmowers and spreading the trash around. In 2002, John decided it was better to “light a candle than curse the darkness” and he started carrying bags with him on his walks to pick up the trash along the way - - he has been doing so ever since.

John is out every day, weather permitting, and his walks take him along Huntsman Blvd from Old Keene Mill Road to The Fairfax County Parkway; Sydenstricker Road from Hunt Valley School to Field Master Dr., and Field Master to Old Keene Mill Rd. plus the paths of the Greentree Village Park that borders Field Master. He also walks along Dorothy Lane to Huntsman Park and the paths inside the park. In addition to the cans, bottles, take-out cartons, coffee cups and cigarette butts (over 15 thousand butts since he started counting), John has recovered a passport, drivers licensees, credit cards, library cards, student IDs, unopened

mail, luggage, car parts, wallets, cameras, cell phones, one computer, and every article of clothing imaginable. John tries to return all of the items of value to their rightful owners and those he cannot he donates to charity. The largest item picked up so far is a leaf-spring from a tractor trailer!

In addition to trash collecting, John has notified VDOT regarding damaged or missing street signs, Dominion Power of burned out street lights, Cox for damaged or missing cable tower covers, and Animal Control regarding dead animals along the roadside, Fairfax Water and/or Sewer about missing manhole covers, Metro about missing or damaged bus stop signs and returned to their owners at least half a dozen dogs found wandering lost along our streets. John has stated “what gets me up and out every day are the waves and thank you he receives daily from residents”.

Supervisor Pat Herrity petitioned The County of Fairfax to recognize Mr. White “as an inspiration to us all, and his selflessness and determination to do the right thing”. The motion was passed unanimously at the September Board meeting. Mr. White will be asked to attend a future Board meeting to receive a resolution recognizing his selfless community service, and for making West Springfield a much cleaner and better place to live!



The pictures above are from the August 6 "National Night Out" at OHES. A community event, focusing on prevention of crime and drug activity, designed to heighten community awareness. Participation included the West Springfield police and fire station. We also had a moon bounce, face painting and an ice cream truck for the children. Bob Hinson, our Neighborhood Watch Chairman was there, along with several WKCA residents and Board members. This event was an Orange Hunt Civic Association, Orange Hunt Town Homes, and WKCA sponsored event.

Emergency Preparedness

We ran this article last year, but I think it's appropriate to put this out again to ensure everyone is well prepared!

Do not get caught unprepared? Were you unpleasantly surprised by all of the things that you could not do when the power went out? Stores and gas stations were closed and even your cell phone was inoperable? When the next power outage comes, be prepared. Here are some reminders of things you should have on hand for the next emergency.

Water: We all know water is essential. We should have 1 gallon per person per day. Having bottled water on hand is a start, but larger containers are more efficient. Filling the bath tub up before a storm hits is also good. Disinfecting water takes 4 drops of chlorine per gallon of water if the water is clear and 8 if it is cloudy. Then it needs to sit for 30 min. before using. There are also a wide variety of water filters available that will filter out harmful bacteria

Food: Store what you eat and eat what you store and then rotate, rotate, rotate. Fema recommends having at least a 3 day supply of non-perishable food available at all times. The easiest way to do this is to just buy more of what you normally have on hand and keep it on hand. Freeze dried food are the easiest, and they can last up to 25 years. They are also easy to prepare and will limit the number of dishes you have to wash if water is in short supply. There are many sources on line for these items. Always keep food items in an area that is cool and dry and in tightly sealed containers. Remember to rotate them out in order, using the oldest first. Buy what you know your family will use. Having some favorite snack foods available can be a good moral boost, just don't make it all you eat.

Remember the baby supplies and pet food too: To preserve what is in your refrigerator and freezer during the power outage, remember to open them as infrequently as possible. You can place duct tape around the seal of your freezer and then cover it with blankets. If you know a storm is coming you can also make the refrigerator and freezer as cold as possible. Lose power in the winter? Put things in a cooler and place it in the garage or out back. As long as meats have ice crystals on them they can be used or refrozen.

Having a battery power or crank radio is an excellent way to monitor what is happening. These are only about \$50, so keeping informed is easy. **Remember to have the extra batteries in the house at all times.** Keeping extra hygiene products on hand like toilet paper, tooth paste and anything you use on a daily or weekly basis. A well-stocked first aid kit is also good to have. Extra prescription medications and OTC medications should also be kept on hand. Have an alternate energy source for cooking and heating. Do you have a grill, a fire pit, a fireplace, a camp stove or a gas stove? Do you have an extra propane tank for your grill? This helps prevent problem if the main tank is low. Keeping your cars gas tank more than ½ full at all times is always good policy. In a powerless world, the plastic in your pocket is pretty worthless, so keep some extra cash at home to help buy what you must. Need light? Flash lights or lanterns are the best light sources as they are less likely to cause a fire. **Again, remember to have extra batteries on hand.** Tools to trim tree limbs also are handy. Perhaps you could partner with a neighbor or two and share tools and manpower. Your plan should also include what to do for entertainment when the power goes out. Bring out the board games and cards and good books. There are not enough services to go around in a big storm and they are reduced due to the power outages too, so being informed and prepared makes you your best help in an emergency. **Please also remember to check on your neighbors especially those who are elderly or physically handicapped.** If you are interested in learning more about food and water storage, Steven Talmage's book called, *Making the Best of Basics*, is an excellent resource. Are you interested in having a bag (known as a bug out bag) at work with 72 hours of emergency items? <http://www.thesurvivalistblog.net/bug-out-bag/> is just one of the many sites that give you a good list of what to have. Below are some good sites for information. <http://www.thereadystore.com/emergency-plans/4320/how-to-stay-cool-without-ac> this is a good article on keeping cool when the power goes out. Take the time to read the comments for extra ideas. <http://beprepared.com/> this site carries a large selection of freeze-dried foods, MRE's and many articles on emergency preparedness. They also carry many emergency items including radios and large water storage containers I mentioned earlier. <http://www.ready.gov/basic-disaster-supplies-kit> this article lists various items you should have on hand. Preparedness is a popular online subject, so with a little effort, you can find a great deal more information on this subject.