

The Rambler

Newsletter of the
Rose Hill Civic Association

President's Message

Blood Loss in an Emergency, Focus of November 22 RHCA Meeting

In a life-threatening emergency, you may only have about four or five minutes of severe blood loss before there can be irreversible damage to your body. That, and other emergencies, will be the topic of the Rose Hill Civic Association's November 24, 2015 meeting beginning at 7 p.m. at the John Marshall Library. Lee Walters, a Rose Hill resident with years of experience in law enforcement and emergency treatment situation, will talk about first-aid measures that may save your life. Lee, a 33-year veteran of the Kern County Sheriff's Office in California, recently moved to our community and wants to share his knowledge with his new neighbors. He is a certified Emergency Medical Technician (EMT) and an American Heart Association CRP/First Aid/ Automatic Electronic Defibrillator instructor. He also will cover topics such as signs of cardiac emergencies, stroke, CPR, heat related emergencies, bandaging and selection of first aid kits along a focus on blood loss. Make plans to attend so you can learn what to do before help arrives when an emergency strikes. What you learn may save your life or that of a loved one. After Lee's presentation, there will be time for questions while Linda Nichols serves some food ideas that may help improve your health and

RHCA Officers

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RHCA, P.O. Box 10891, Alexandria, VA 22310
www.myrosehill.com

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prolong your life.

Note that this is the last RHCA meeting for 2015. The next meeting will be Tuesday, January 26. Have a safe and healthy holiday season.

2016 Membership Drive

Please take the time to join RHCA and support the activities that make Rose Hill a great place in which to live. We are beginning our 2016 membership campaign that will run through the first quarter of the coming year. We need your financial to be able to continue to publish the Rambler nine times a year, pay for the quarterly plantings at the community sign at Rose Hill Drive and Franconia Road, and support the Rose Hill Beauty and Veteran Appreciation signage, and contribute to important charities and programs. We can't do all that with just the \$10 membership fee, Please consider an added contribution to help us continue our programs. For example, the Rambler costs us about \$3,000 per year to print. Thankfully, it is delivered by our army of 20 volunteers who distribute copies the weekend before our meetings. We couldn't afford the postage! We deliver a copy to every house to make sure every resident understands how important it is to follow the law and community rules in order to keep Rose Hill a safe and pleasant place in which to live. Most important, it takes numbers to make our voice heard at the government level. We welcome your input, but we need your support in order to be effective. We support the unfortunate in our neighborhood with a contribution to Koinonia, the All-Night graduation party at Edison High School, and the annual Christmas meals for our police officers who have to work when there are few eating places open. Please fill out the form

included in this newsletter and mail it, along with your fee and contribution, to RHCA, Box 10891, Franconia, VA 22310. We will print the names of the members in The Rambler. Include your e-mail address so we can remind you of upcoming meetings and topics as well as let you know of any important issues that affect the community. We need to increase membership this year over last in order to continue our programs.

Holiday Lights

Since we don't have a Rambler in December, please be aware that we will be judging outdoor light displays between Christmas Day and New Year's Day. Please leave your lights on that week if you can. We try to get finished by 8 o'clock each evening and it usually takes a couple of nights to cover all of Rose Hill. So, don't turn them out too early. We have missed some displays in the past because they weren't turned on when we drove around. If you or your neighbors have lights you'd like to have considered, please send either Linda or I an e-mail or give us a call. Better yet, become a judge for your block and send us your nominations. We are looking for looking to reward as many residences as possible, so err on the side of holiday cheer! Often the simplest displays are the most effective. And, remember, the holiday is celebrated in honor of Jesus Christ's birthday, so religious displays are especially honored.

More Veteran's Day Salutes

On Friday, November 6, the RHCA Veteran's Day Salute signs were placed in the front yard of the Krause residence across from Rose Hill Elementary School. The hardest part was making sure we could squeeze all the signs in the yard and make sure each one was visible from the sidewalk and the road. Special thanks to Dave and Linda Nichols and their great nephew Ethan Decker. Also, thanks to John Cashmire, Donnie Krause, Shirley Bennington and Trev Dalton for their help in placing the signs. John is one of those honored with a sign, as is Shirley's husband and Donnie's father. Trev recently moved into the community and drove all the way from his job in Annapolis in order to help, so he gets a special pat on the back. After all the signs were aligned with military precision, Pastor Dave offered a prayer in honor of all the Rose Hill residents who served or continue to serve in our armed forces. Thanks to each of them from

a grateful nation and community.

Winter Warnings

As winter approaches, RHCA reminds all residents to look out for each other during harsh weather. That means clearing the snow off the sidewalk in front of your house (it's the law!). Kids use the sidewalks to go to school and many people walk to the shopping center when it snows. If your next door neighbor or someone on your block is unable to clear their sidewalk, please give them a hand. Same goes for driveways. If there are any senior citizens or shut ins living nearby, make sure they are OK and offer to bring them what they need when you visit the store. Check to make sure you have emergency items on hand such as at least three day's supply of food, personal items and bottled water. Also, flashlights that work and batteries that haven't outlived the expiration date. Have a battery operated radio on hand. Check the battery size needed for each item and make sure you have some on hand. If a storm is in the forecast, make sure your cellphone is fully charged. Don't overload your electric circuits with heaters and by all means don't operate a propane heater indoors without the proper ventilation or an electric heater with frayed wires. In years past, there have been fires in Rose Hill caused by overloaded circuits or poorly wired holiday lights. Turn them off before you go to bed! Stay safe all winter.

Vigilant Neighbors

I recently read a story in the *New York Times* about how senior citizens, and younger folks, too, in China go about making sure their neighborhoods are safe, clean and pleasant places in which to live. Citizens, mostly seniors, take it upon themselves to notify, and if necessary report, the owners of any property that has become unsightly. They also offer help to those who need assistance with chores, shopping, etc. Reminded me of our Neighborhood Watch and the generous folks to give their time to help their neighbors here in Rose Hill. Of course, the last thing one apparently wants in China is a visit from the government, so the compliance rate for suggested improvements is high. Also reminded me to thank those citizens in our community who help make sure Rose Hill is a safe and pleasant place in which to live. If you see a street light that is burned out, trash piled at the curb, junk vehicles on the street or in a

yard, either call the authorities or let one of the RHCA officers know about it. If you are an RHCA member, and call yourself, feel free to tell the authorities you are reporting the situation on behalf of the Association. Together, we can make sure our community isn't run down by unthinking or uncaring neighbors.

- Carl Sell

Advertising in *The Rambler*

Listing in the business directory is free to Rose Hill residents who are members and own their business, but placing an actual advertisement is open to all with rates per month as follows:

- * Business card: 3 ½" x 2", \$10
- * Quarter page: 3 ½" x 4 ¾", \$25
- * Half page: 7 ½" x 4 ¾", \$50
- * Full page: 7 ½" x 9 ¾", \$100

Ads may be bought for either one month only, month-to-month, or as many months in advance as desired. Our newsletter is published 9 times a year, excluding July, August, and December.

Advertising in *The Rambler* is an excellent way to reach the 700+ homes in our community. In addition, the ads are placed on our website, www.myRoseHill.com, for the world to see.

Anyone interested in placing an ad may call me at 703.625.7046. Artwork can be sent to richtdowney@gmail.com in tiff or jpeg format or hardcopy mailed to P.O. Box 10891, Alexandria, VA 22310. Checks made out to RHCA should be included with ads and sent to the P.O. Box.

5810 Kingstowne Center Dr. #120
Alexandria, VA 22315-5711

M - F 8:30 am - 8 pm
Sat. 9 am - 5 pm
Sun. 12 pm - 4 pm

P. 703.924.4201
F. 703.924.4203

store3532@theupsstore.com

The UPS Store 

Donald Camden

Around Rose Hill

John Marshall Library

6209 Rose Hill Dr, 703.971.0010.

Hours: M, T – 10am – 9pm; W, F – 10am – 6pm; Th. – 1pm – 9pm; Sat 10am – 5pm

* **Ongoing Event.** *English Conversation.* Each Thursday at 2:00pm. Conversation group for people learning English. Adults.

* **Nov 16.** *Game day.* 1030am-12pm, 1230pm-2pm. Age 3-5. 4pm-6pm. *Grade K -6. Emergency Prep Workshop for Adults.* 630pm-830pm

* **Nov 18/Dec 2.** *Tots and Tales.* 1030am. Age birth-23 mo

* **Nov 21.** *Huntley Meadows present: Deer, Turkeys, and Native Americans.* 1030am.

* **Nov 25/Dec 7.** *Fun for 2s and 3s.* 1030am. Age 2-3

* **Dec 5.** *Holidays Around the World.* 1030am.

* **Dec 12.** *Holiday Make-It, Take-It!* 1030am. Ages 5+

Thomas Edison High School

5801 Franconia Rd. Alexandria, VA 22310
Office – 703.924.8000; Fax – 703.924.8097

Mark Twain Middle School

4700 Franconia Rd. Alexandria, VA 22310
Office – 703.313.3700; Fax – 703.313.3797

Rose Hill Elementary School

6301 Rose Hill Dr. Alexandria, VA 22310
Office – 703.313.4200; Fax – 703.313.4297

All 3 Schools:

* **Nov 25.** 2 hr early release.

* **Nov 26, 27.** Holiday.

Only those residents who are members of the Rose Hill Civic Association or provide services in kind will qualify for a free listing in the business directory. Membership dues are the source of funds for the printing of The Rambler.

Heating and Air Conditioning

Dove Heating and Air Conditioning. We service and install heat pumps, air conditioners, furnaces, hot water heaters, and humidifiers. David and Linda Nichols, 703.971.8897. The Nichols have been in business for 30 years and have lived in Rose Hill for 41 years.

Real Estate

Re/Max 100. Steve Dougherty, 703.746.8720. www.stevedougherty.com. Steve and his family have lived in Rose Hill and been active in civic affairs for 30 years. He has been a Realtor of 20 years and specializes in service to his neighbors in the community.

Re/Max Executives. Angie Vereen, 571.233.6395, angievereen@gmail.com. I am the neighborhood specialist for the area. I live and work in the area. Licensed in Virginia and Maryland.

Lawn Services

Fortney Lawn & Garden. David and Jimmy Fortney, 703.960.8869. Although they live in Virginia Hills, the Fortneys work closely with RHCA to maintain the median landscaping on Rose Hill Drive.

Freedom Lawn & Landscape. Matt Downey, 571.218.2881, freedomproviders@gmail.com. Spring is here and Summer barbeques are around the corner! Our services this time of year include mowing, mulching, plantings, gutter cleaning and enhancements. Give us a call today to schedule your free consultation. Thank you to our current Rose Hill clients for their continued business!

Winsor Tree Service. Dave Winsor. All Phases of Expert Tree Work. Including Pruning, Trimming, Thinning, Dead-wooding, and Complete Removals. Also do Stump Grinding & Storm Damage Work, Bush & Shrubbery Work / Yard Spruce-Ups. 20+ Years Expert Professional Experience. FREE ESTIMATES & REASONABLE RATES. Call 703.346.7034 or email treetech351@yahoo.com

House Cleaning

Everclean Maid Service. 703.971.7160. Owned and operated by Nour Barakat and Mike Zalatoris. Our residential cleaning business is celebrating 30 years of service in Alexandria and for the last 26 years from our home in Rose Hill. We offer reliable and affordable home and office cleaning for all local residents, and we are happy to offer a 25% discount to our neighbors to celebrate our anniversary. Call for a free estimate and to schedule your cleaning. Thank you Rose Hill for being our happy home! (See our ad in this newsletter.)

Photography

Tisara Photography. Nina Tisara, 703.838.8098. Tisara Photography is a family business with a studio in Old Town Alexandria since 1990. They specialize in portraits and special events. Nina lives on Hayfield Place.

Speech and Education

Speech Beginnings, PLC is a speech therapy private practice owned and operated by a Rose Hill resident with more than 22 years experience in the field. Our therapists come to you! We do in-home therapy and evaluations for children of all ages. We also provide on-site preschool screenings and consultations. For more information, please visit our website at www.speechbeginnings.com or call us at 571-481.4344.

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Firewood available in 3x3x1.5 ft. bundles, 2x4x8 ft. half chords, and 2x8x8 ft. chords. Will deliver in the 22310 zip code or you can pick up locally. Please request prices for delivery outside the 22310 area. Pricing is as follows: (pickup/delivered and dumped) bundle \$60/75, half chord \$125/140, full chord \$200/230. Please call 703.509.8286 for more information.

Need Help?

Pet services (dog walking, vet appointments); errands (pharmacy, dry cleaning, drop off/pick-up product repair); personal shopping (grocery, post office, exchange and item returns); vehicle services (vehicle license and emission renewal, vehicle service repair, vehicle inspection); home services (house sitting, light yard work, wait at home for service personnel); travel and transportation (to and from); medical concierge services (doctor appointments, pre-/post-operation assistance). Contact David Sell at 703.971.4716, or email dksell@hotmail.com.

For Sale

Mount Comfort Cemetery sites in sold out Mount Eagle Section. Lots faces Last Supper. Lot 891, Sites 3, 4 and 5. \$3,500 OBO. Please call D. Powell at 703.801.8389 or 703.491.2305.

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— Chris and Martha Maddocks

Candy is a current resident of Rose Hill Farm and grew up in Fairfax County. She has both her real estate license and certified residential appraiser's license. With over 12 years of experience in both real estate sales and appraisals in the Northern VA area, she brings a keen understanding of a home's true value. Her unique background helps her sellers receive maximum profit from their home sale.

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SIX Common Misconceptions about Roofing and the Roofing Industry:

Misconception #1. You should wait as long as possible to re-roof your home.

No! Your roof takes a beating every day from sun, wind and rain. Your shingles become brittle and crack with age and have a tendency to blow off and fail at an alarming rate with age. This exposes the roof decking (the sub-structure that literally, "keeps you out of the rain") to moisture which slowly deteriorates and rots the wood beneath, leading to leaks and more extensive damage.

Further, the metal flashings around chimney areas and at adjoining exterior walls (or rooflines), the penetration collars (around plumbing and heat stacks) and all other vents become worn and prone to water infiltration.

Next time you're outside, take a close look at your roof (most people don't pay attention to it until there's a problem). How does it look? Is it rough and weathered? Are the shingles "curling" or cracking? Is one section very distinguishable from all other areas? Finally, are you proud of the way your roof helps "show" your home, or are you embarrassed by its appearance?

Remember: By the time you have waited "as long as possible," you have probably waited too long and will end up spending your hard earned money on interior and sub-structure repairs, as well as a much needed roof replacement.

To see all six misconceptions, visit www.bguide.net/timothysroofing.



Call Russ Robertson (manager) to schedule your FREE estimate on a new roof.

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To join or renew your membership in the Rose Hill Civic Association...

Please fill out this form or online at myRoseHill.com and mail, along with your check, to the
RHCA, P.O. Box 10891, Alexandria, VA 22310.
If you have questions, feel free to call any of the officers.

Name _____

Address _____

Phone _____ Email _____

Enclosed is a check for:

\$10 Membership
 \$_____ Donation for upkeep and landscaping of the Rose Hill entrance sign
 \$_____ Donation for RHCA General Fund



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Thanksgiving 101

While the turkey may or may not have been on the dining table at the first thanksgiving meal between the Pilgrims and the Wampanoag Indians (most likely it would have been some sort of fowl such as ducks, geese or swan), it is still important to keep food safety in mind. Some helpful hints regarding cooking that gobbler:

- Allow at least 1 day of thawing in refrigerator for every 4 lbs.
- Spot check the meat with an instant read thermometer for doneness. Thigh = 175°F, Breast = 170°F, Stuffing = 165°F

Did They Eat That?

Thanksgiving conjures us thoughts of turkey, mashed potatoes, and pumpkin pie, but did they actually eat that back in November of 1621?

Turkey: maybe, but most likely duck or other waterfowl

Corn: not as nibbles, but possibly a cornmeal

Cranberry: yes, but there were no such thing as the sugary can shaped gelatinous logs

Potato: Probably not.

Pumpkin Pie: absolutely not; no butter or flour

Toys for Tots Program

If you happen to spot a great sale on a toy when you're out shopping, consider getting an extra one and donate it to a child in need. The U.S. Marine Corps Reserve Toys for Tots Program is in full effect in collecting new, unwrapped toys and distribute these toys as Christmas gifts to less fortunate in the community in which the campaign is conducted. The local Franconia Volunteer Fire Department Station 5 as well as Kingstowne Station #39 has a drop box for your donated toys.

Holiday Gains

The average weight gain between Thanksgiving and New Year's is 4 to 5 pounds. The top 5 reasons people give for their weight gain is:

- More Social Gatherings
- More Rich Comfort Food
- More Stress
- No Fresh Fruits and Vegetables
- No Exercising

Unless you want to keep or gain those few extra pounds, keep moving, don't eat it if you don't love something, avoid munching, but actually put the food on a plate, and don't forget that drinks counts (those mimosas have calories too!).

List of Pardoned Turkeys

2000: Clinton pardoned Jerry

2001: Bush pardoned Liberty and Freedom

2002: Bush pardoned Katie and Zack

2003: Bush pardoned Stars and Stripes

2004: Bush pardoned Biscuits and Gravy

2005: Bush pardoned Marshmallow and Yam

2006: Bush pardoned Flyer and Fryer

2007: Bush pardoned May and Flower

2008: Bush pardoned Pumpkin

2009: Obama pardoned Courage and Carolina

2010: Obama pardoned Apple and Cider

2011: Obama pardoned Liberty and Peace

2012: Obama pardoned Cobbler and Gobbler

2013: Obama pardoned Popcorn and Caramel

2014: Obama pardoned Cheese and Mac

Neighborhood Library

On the corner of Saddle Tree and Willowood sits a little free neighborhood lending library. This little gem is brought to us by an anonymous good neighbor in Rose Hill who wants to encourage literacy, discovery and community. I have noticed that it is full of reading materials. What a wonderful little addition to our little community!