



I don't know whether it is the moon or the
seed catalogs that stirs my sap and inspires
me to start sawing milk cartons in half for
windowsill seeding.
Grace Firth, A Natural Year

TYSONS WOODS TYLINE

P.O. BOX 267 DUNN LORING VIRGINIA 22027
Winter 2005

2004-2005 EXECUTIVE BOARD

Randy Foltz, President Area 5
573-4780 Randy@gbvva.com

Jon Schiffrin, Vice President
208-9171 Schiffrin@aol.com

Renata Wade, Secretary Area 7
698-8787 renata.wade@cox.net

Bill Lumpkin, Treasurer
573-7241 Bill.Lumpkin@mci.com

Julie Gardiner Area 1
207-9066 Gardiner2@cox.net

Dave Knapp Area 2
876-0725 Dknapp11@cox.net

Holly Hollom Area 3
208-9171 Schiffrin@aol.com

Lisa Kazden Area 4
560-2435 lkazden@cox.net

Rebecca Simpson Area 6
573-3226 simpsonstesta@earthlink.net

Penny Firth At Large – TyLine Editor
876-0725 pfirth@cox.net

Maggie Stauth At Large
Member at Large 204-1122

News and Information for Tysons Woods

EDITOR'S CORNER

Happy New Year to all in Tyson's Woods. Our new officers and area representatives have been busy, as you will see from reports in this newsletter. We are looking forward to a great 2005 in Tysons Woods. Remember that all are welcome to attend Board meetings as well as participate in the many social and community events that we sponsor. Our thanks to the Wades for hosting the first (inaugural?) Winter's End Social at their house in February - see announcement. This adult-only event will give us a chance to share the goodness of our lives with one another.

Emailing Begins

The members of the Executive Board have decided to enhance our communications to the residents of Tysons Woods by beginning to use email. We will continue to publish the Tyline about four times a year and deliver it to your door as before. However, sometimes we have a need to get more timely information to you in between the times the Tyline is published. Sometime in February we will send out the first email to those residents who have provided us with their email address. Our guidelines:

You will see only your and the sender's addresses. We will not publish or distribute your email address. We will only email on an occasional, as needed basis. If you do not want to be on the email distribution, just reply to the sender and your name will be removed.

To be included in the email distribution, or change your email address, send the request to to Randy Foltz at Randy@GBBVA.com.

Inside this issue . . .

- Emailing Begins
- Winter's End Social
- Treasurer's Report
- Garden Club
- Providence District Notes
- What's Cooking
- House Beautiful
- The Malraux Chronicles

Calendar of Events

(Dates in distant future are tentative!)

Event	Date	Contact
Winter's End Social		26 Feb
2005		Renata Wade
TW Board Meeting	8 March 2005	Randy Foltz
TyLine Deadline (Spring)		30 March
2005		Penny Firth

Treasurer's Report

Period Ending December 31, 2004

Bill Lumpkin, Treasurer
2225 Malraux Drive

Each year, Tyson's Woods Civic Association sponsors a variety of events to help draw our neighborhood a little closer together. To fund these events, we request a \$20 voluntary membership dues payment from community members. Last year, your dues funded the International Block Party, the Neighborhood Garage Sale, the Children's Halloween Parade & Party, the Tyline Newsletter, and the Tyson's Woods Neighborhood Directory. If you would like to receive a Community Telephone Directory, and opt not to pay the membership fee, please remit \$5.00 .

MEMBERSHIP (inclusive) \$20
TELEPHONE DIRECTORY ONLY \$5

Please send checks for 2005 membership, or just the directory payable to:

TWCA
PO Box 267
Dunn Loring, VA 22027

Thank you in advance for your financial support and commitment to your community!

2004 FINANCIALS

Opening Balance	
January 1, 2004	\$1,246.65
Income (Dues & Interest)	\$1,502.02
Expenses	
Directories	\$1,034.32
Spring Fling	\$224.88
Tyline	\$57.20
Halloween Parade	\$50.00
Marshall HS Donation	\$50.00
Garage Sale Ad	\$47.60
Other	<u>\$115.44</u>
Total Expenses	\$1,579.44
Income/(Deficit)	(\$77.42)
Ending Cash Balance	\$1,169.23

Fairfax Trails and Streams

Fairfax Trails and Streams (FTAS) is a volunteer group which first envisioned the Cross County Trail, led the first Cross County Hikes, and works to complete local scenic trails. The group meets monthly in McLean. FTAS publishes an electronic newsletter about twice a month. It covers local trail events--plans, hikes, work trips, and news. If you would like to receive it, please email fairfaxTrails@aol.com.

The 2004 newsletters are posted at
<http://www.fairfaxtrails.org/news/index.html>

Winter's End Social!

As this edition of the newsletter is prepared, folks are tucked inside away from the first big snow of the season. The winter holiday period is gone and decorations are stored. New Years resolutions were hoisted and toasted (some in more ways than others). Visions of sugarplums have blurred into a mist of bills and tax preparation. No wonder some name it the Winter Blues!

This year TWCA has decided push off the winter chill with a warm neighbor social. So mark your calendar, find a sitter for the kids, and plan to join us for an adults-only social as we to wave good-bye to winter. TWCA will provide desserts and refreshments; you bring conversation and good cheer.

TWCA Winter's End Social
Saturday, Feb. 26, 2005 Open House 7p - 10p
hosted by Jim & Renata Wade 2231 Richelieu Drive

Providence District Council notes:

PDC Community Service Awards were presented to Herb Taylor and Will Elliott. Herb has been a tireless advocate for Fairfax citizens with mental health problems. Will is co-founder of the Fairfax Citizens for Responsible Growth, a countywide group dedicated to community involvement. He has been instrumental in creating a forum for his fellow citizens regarding land use issues.

Friends of the W&OD Trail announces its annual Community Grants Program. Proposals from neighborhood associations, youth groups and other organizations wishing to enhance the W&OD Trail corridor will be accepted until 15 February. Projects such as gardens, tree plantings, bird houses, etc. are encouraged. FOWOD will underwrite the cost of materials – expected to range from \$100-1000 – while the grantees are expected to carry out the installation and maintenance of the project. For more information, visit www.wodfriends.org.

Wedderburn and JCE – Cedar Lane and W&OD Trail. The nomination to decrease density from 2-3 to 1-2 dwelling units per acre was evaluated by the APR Task Force. Fairfax County Staff recommended that density be 2-3 du/ac. The APR Task Force recommended revising density to 1-2 du/ac, adding language to protect environmentally sensitive areas, providing 50’ undisturbed buffer to W&OD Trail, and respecting previous rezoning proffers.

To view **Fairfax County Planning Commission information**, including meeting calendars and the summaries and minutes of past meetings, visit <http://www.fairfaxcounty.gov/gov/planning>

Beyond the couch potato...

Do veggies lower the risk of diabetes? Yes, in overweight women. Nutrition Action Healthletter reports that those who averaged one serving of yellow-orange vegetables a day had a 27% lower risk of diabetes than those who averaged one serving every two weeks. Those who averaged 1½ servings of green leafy vegetables a day had a 14% lower risk than those who averaged one serving a week. The researchers found no link with women who weren’t overweight.

Nutrition Action Healthletter, January/February 2005



What’s Cooking?

Bean Bread and Bone Soup

From Grace Firth, *A Natural Year*

“My grandmother had an interesting brownish bean bread that was stout but pleasant. She dissolved one package of yeast in a cup of warm water, added two cups of warm milk, two tablespoons of sugar, two tablespoons of fat, four teaspoons of salt and about two cups of lima-bean flour*. About eight cups of white flour tightened the dough, and it was kneaded and handled like light bread dough**.

Serve lima-bean bread warm with clear ham-bone soup made by boiling one ham bone and a handful each of dried prunes, apricots, peaches, and/or apples. Drizzle a fistful of noodles into the broth about ten minutes before supper and salt-pepper to taste. The sweet-salt soup and hearty bean bread make a meal which is tasty and not difficult to prepare.”

*Grace notes that bean flours can be made by grinding dry beans either whole or with the seed coat removed.

**Light bread dough is lightly greased, covered, and set in a warm place to double in bulk. Knead it down to size and let it rise to double again. One final kneading before shaping it into loaves or rolls. Rise to double and bake in a hot oven (400 F) for about a half hour or until it sounds hollow when tapped.

Grace’s daughter notes that while this bread does have its share of carbs, they include “good carbs” in the sense of high glycemic index. Also, you will work off some of those calories, as well as tensions and stresses, in vigorous kneading. Be sure to add a full measure of laughs to the dough for maximum enjoyment.

Town Hall Meetings with Congressman Tom Davis:

26 Feb: 11-12:30 pm - Fairfax City Hall
5 March: 9-10:30 am - Vienna Town Hall

House Beautiful

As of January 25, 2005



Housing information provided
courtesy of Caroline Boubin (703) 569-3331.

8719 Litwalton Ct; colonial, 4 bdrm, 3.5 ba, 2-c garage, 3 fplaces, gas heat, new wndows, roof, and HVAC, finished basement, listed May 04: \$589,500. Sold June 04: \$589,500

8520 Connirae Lane; colonial, 6 bdrm, 3.5 ba, carport, 2 fplaces, elect heat, renov kit & bths, finished walkout basement, listed May 04: \$574,950. Sold June 04: \$575,000

8534 Electric Ave; colonial, 5 bdrm, 3.5 ba, 2-car garage, 2 fireplaces, electric heat, finished walkout basement, listed June 2004 for \$579,900. (Withdrawn after 93 days on market.)

2314 Malraux Drive; split level, 5 bdrm, 3 ba, carport, 1 fplace, electric heat, new windows, doors, carpet, HVAC, baths, listed June 04: \$580,000. Sold Nov 04: \$578,000

8527 Betterton Ct; split level, 5 bdrm, 3 ba, 1 fireplace, gas heat, marble foyer, hardwood floors, listed July 2004: \$549,900. Sold Nov 2004 for \$532,500 (59 days on market).

8524 Betterton Ct; colonial, 4 bdrm, 2.5 ba, 2-car garage, 1 fplace, elect heat, renov kitchen, new carpet, & hardwood floors, listed July 04: \$499,900. Sold Oct 04: \$475,000

2233 Richelieu Dr; split level, 5 bdrm, 3 ba, carport, 1 fplace, elect heat, new windows, carpet, granite countertops, kit cabinets, appls, mster bath w jacuzzi & sep shwr, listed July 04: \$539,900. Sold Sept 04: \$539,000

8703 Litwalton Ct; colonial, 5 bdrm, 3.5 ba, carport, 3 fplaces, gas heat, new windows, updated kitchen, finished bsmt, listed Sept 04: \$579,990. (Expired after 93 days on market.)

2304 Malraux Drive; colonial, 5 bdrm, 3.5 ba, 2-car garage, 2 fplaces, gas heat, finished walkout bsmt, updated kit, hrdwd floors, built-in bookcases, listed Sept 04: \$649,900. Currently under contract for an undisclosed amount (84 days on market).

2226 Malraux Drive; ranch, 4 bdrm, 3 ba, 2-car garage, gas heat, finished basement, listed Dec 04: \$630,000. Currently under contract for an undisclosed amount (5 days on market)

**If you're gonna itch to have
somethin', better be ready
to scratch for it..**

Texas Bix Bender
'Don't Squat with yer Spurs On! II'



The Malraux Chronicles

by Penny Firth

For Life

This morning I saw a busy pair of animals outside. They were strident. Pesky. Irritating, even. In their industrious pursuit of their own ends – food and personal space – they were pugnacious in the extreme. Much heftier birds were working the feeder for sunflower seeds, but these animals kept elbowing in, seizing a snack, and dashing off to their personal tree limb to dine. I could see them working around the woodpile too. Taking turns poking their sharp bills into shadowy crannies.

A scolding commotion came from the sugar maple. I studied the scene: puffed-up cardinals, chickadees and titmice looking frowny. A squirrel off in the black oak flicking her tail. A Downy Woodpecker sidling around the tree trunk. And there, stalking self-consciously past the compost pile, was an ice-cream cat. A pretty confection of vanilla and orange sherbet looking for a feathered breakfast. Who was making the ruckus? The “pesky” Carolina Wrens. Diminutive, buff-tan birds with perky, jutting tails and a conspicuous eye-stripe. These little firebrands were scolding the dickens out of that cat.

I revised my opinion – the brash birds weren't so bad after all – and consulted the bird guide. There I read something that made me grin. They might be noisy and pushy, but Carolina Wrens mate for life.

Garden Club, Anyone?

Do you have any nice plants in your garden that multiply on their own? I know I do. My purple cone flowers always have several seedlings that I would love to give away in the spring. Their lovely flowers last a long time in the summer. And then we get another treat in the fall when the gold finches come to eat the seeds. I laugh when the wind blows, those cute little finches just bob up and down, hang on and keep nibbling.

If you like gardening, and maybe joining in a plant exchange this spring, let me know. If there is enough interest, I'll have a get-together to see what we can do. For now, let's hunker down and dream over the seed catalogs, staring out at the snow that is falling this January day.

Mary Foltz - mary@gbvva.com