



As the crickets' soft autumn hum is to us,  
so are we to the trees,  
as are they to the rocks and the hills.

Gary Snyder

TYSONS WOODS

# TYLINE

P.O. Box 267 Dunn Loring Virginia 22027  
Winter 2006

*News and Information for Tysons Woods*

## Editor's Corner

Happy New Year to all in Tyson's Woods. We are looking forward to a great 2006 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.

## Note from the Prez

First of all I want to welcome any new neighbors that moved recently to Tysons Woods. We hope you are enjoying the neighborhood, and take an opportunity to join our neighborhood activities. We have an Open House event coming as noted in this issue. Also, we invite you to join the Civic Association and receive a neighborhood telephone directory. Welcome new neighbors!

Although we are still in the winter season, it is not too early to plan for spring activities. Put on your calendar April 22 as our day for our neighborhood yard sale. There will be more about that in the next Tyline issue.

Remember, if you are interested in receiving Tysons Woods updates via email, we would welcome you to the close-hold listing. We will not publish or distribute your email address. Send request to Randy Foltz at Randy@GBBVA.com.

In closing, I hope to see many of you visiting the Open Homes we have planned for you and have a safe and fun-packed winter season. Blessings to all.

Randy Foltz, Tysons Woods Civic Association President

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## Inside this issue . . .

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- Fairfax Trails & Streams
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- In your home: Air cleaning plants
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## Calendar of Events

(Dates in distant future are tentative!)

Event	Date	Contact
TW Board Meeting	1 March 2006	Randy Foltz
Open House Event	26 March 2006	Randy Foltz
TyLine Deadline (Spring)	29 March 2006	Penny Firth
Yard Sale	22 April 2006	Lisa Kazden
TyLine Deadline (Summer)	17 May 2006	Penny Firth
TW Board Meeting	26 May 2006	Randy Foltz
Summer Social	3 June 2006	Open



The annual Tysons Woods Halloween Parade was a howling success! A huge THANK YOU to Keith Anderson and his talented drum corps from the George C. Marshall Marching Band. A rousing cheer for all the marchers: in costume or not. And sometimes, who could tell? Finally, to the faithful, cheerful, bright, beautiful Mirna Nickson: the refreshments were fantastic!

## *Open House Event*

Your TWCA Executive Board has come up with another winter social event that we hope you all can enjoy and participate in. On **Sunday, March 26 between 3:00 and 5:00 PM**, we will have several homes open in the neighborhood for you to visit and see what kind of upgrades and renovations your neighbors have done to their home. We have received several gracious invitations from neighbors throughout Tysons Woods to open their homes for YOU.

There are two objectives of this event. The first one is to give you an opportunity to see what others have done with their homes in case you have **remodeling** in mind for your home. You can ask the owners questions and find out who did their renovations. Secondly, it will give us a chance to meet others in our neighborhood that we normally do not get a chance to talk to.

We will have one home open just for **refreshments** as you tour around the neighborhood. You can stop in and get something to drink and nibble on and then be off to your next touring stop. It will be fun and provide us all with a little walking exercise during winter season. We will be getting a flyer to you about one week prior to the event with all the details and what homes will be open, but **save the date** now, March 26<sup>th</sup>.

### ***Fairfax Trails and Streams***

Fairfax Trails and Streams (FTAS) is a volunteer group which first envisioned the Cross County Trial, 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](mailto:fairfaxTrails@aol.com).

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

## Updates: Providence District

The Fairfax County Executive will make his recommendations for the County budget on February 27<sup>th</sup>. To help Providence residents learn more about the proposed budget and the process, Supervisor Linda Smyth is hosting a workshop with county staff at 7 p.m. on 9 March at Fairhill Elementary School (3001 Chichester Lane). The public hearings on the budget are scheduled for 3-5 April at the Fairfax County Govt. Center.

For information on Senior Tax Relief and other upcoming events, please check [www.fairfaxcounty.gov/providence/](http://www.fairfaxcounty.gov/providence/) or call 703 560 6946.



### Beyond the couch potato...

The American College of Sports Medicine (ACSM) guidelines for healthy aerobic activity:

- Exercise 3 to 5 days each week
- Warm up for 5 to 10 minutes before aerobic activity
- Maintain your exercise intensity for 30 to 45 minutes
- Gradually decrease the intensity of your workout, then stretch to cool down during the last 5 to 10 minutes
- If weight loss is your major goal, participate in your aerobic activity at least 30 minutes for five days each week.

If you are not currently exercising, *please consult your physician* before beginning any exercise program. Consistency is the key to success in any exercise program; choose an activity that you enjoy and are likely to continue throughout your adult life. For more information contact the ACSM (<http://www.acsm.org>).

Nutrition Action Healthletter, January/February 2005

## What's Cooking?



### Red Cabbage Pickle

From Grace Firth, *Stillroom Cookery*

Cut a head of red cabbage into quarters. Boil for 8 minutes in slightly salted water. Drain, shake out and put in a bowl. Pour the pickle mixture over the cabbage, let it stand for 3 days, then eat.

For the pickle mixture: mix 1 cup vinegar, 1 cup water,  $\frac{3}{4}$  cup sugar,  $\frac{1}{4}$  teaspoon salt, and 12 whole cloves. Boil 10 minutes.

Sliver this colorful pickled cabbage and serve it well-drained as a complement to tofu, pork or other mild-flavored main course.

### In your home: Air-Cleaning Plants

Plants remove toxins from the air and absorb them, leaving your home safer for you and your family. Large-leaved plants reduce unhealthy pollutants as well as airborne bacteria and fungi while adding the humidity needed to combat respiratory and allergic conditions.

To get the most out of your houseplants, set them up (two or three per room) so there is plenty of space around each one for ideal air circulation. Keep the air moist by misting plants. Avoid locations in the rooms where there are drafts or sudden temperature changes. Pollutants are absorbed through the leaves, so keep the leaves clear of dust by wiping gently with a damp cloth.

**Top 10 Air Cleaning Plants:** Areca palm, Reed palm, Dwarf date palm, Boston fern, Pothos, English ivy, Australian sword fern, Peace lily, Rubberplant, Weeping fig.

*Organic Gardening, December 2005/January 2006*



## House Beautiful

As of January 17, 2006



Housing information provided courtesy of Karen Hogan, Weichert Realtors (703) 609-4680.

2236 Malraux Drive; rambler, 3 bdrm, 3 ba, 2 car garage, 1 fireplace, electric heat, finished walkout basement, listed in May 2005 for \$675,000. Sold July 2005 for \$680,000 (6 days on the market).

8523 Minerva CT; split level, 4 bdrm, 3 ba, carport, 1 fireplace, gas heat, listed in June 2005 for \$600,000. Sold July 2005 for \$590,000 (29 days on the market).

2256 Richelieu Drive; split foyer, 4 bdrm, 3 ba, 2 car garage, 1 fireplace, gas heat, updates include: new windows, listed in June 2005 for \$599,900. Sold August 2005 for \$600,000 (42 days on the market).

8534 Electric Avenue; colonial, 5 bdrm, 3.5 ba, 2 car garage, 2 fireplaces, electric heat, furnished walkout basement, updates include: new siding. Listed in November 2005 for \$774,900. Under contract for an undisclosed amount (78 days on the market).

## The Malraux Chronicles

by Penny Firth



### Our *other* neighbors...

Quick: What is the most wild common mammal in the neighborhood? OK, not counting the 5<sup>th</sup> graders. Right! Those bushy tailed rodents with a mixture of brown, black, and white fur that looks gray from a distance. Gray squirrels are 16-20 inches long and weigh up to a pound and a half. You have certainly seen their nests --- big bunches of leaves and twigs high in the branches of oaks and other tall trees. They also nest in old woodpecker holes or natural cavities.

Gray squirrels eat a varied diet emphasizing acorns, walnuts, and beechnuts. Other foods include seeds, fruits, insects, fungi, and occasional bird eggs and bird nestlings. Yes, I said nestlings. [scary music interlude] At the end of the summer, gray squirrels will store seeds and nuts to feed on when food is scarce during the winter months. In my yard, squirrels eat the sunflower seeds that we put out for the birds in winter. They also scamper off with our ripe tomatoes in summer.

On some occasions, during the fall, large numbers of gray squirrels will search for new places to live. It is thought that this behavior, known as emigration, results when squirrel numbers are high and food is scarce. When mature forests covered most of eastern North America, this mass movement of squirrels was quite spectacular.

The conspicuous bushy tail of the gray squirrel has many uses. It is used for balance, a blanket, an umbrella, parachute, and communication. If you have ever seen a squirrel scold a cat slinking through a yard, you will recognize the tail flick that says "Go away kitty! Go far far away!" Cats very occasionally kill squirrels, as do foxes, hawks and other predators and the occasional car.

I actually ran over a squirrel on my commute to work one day. On my bike. The victim was chasing another squirrel. I saw and slowed down for squirrel #1, then squirrel #2 darted between my wheels! The rear wheel went BUMP and I had a queasy feeling in my stomach as I rolled to a stop. I didn't really want to look behind me. But I finally did and guess what? The squirrel lived! I can only imagine the story he told his wife that night about the tire track across his back.

**The quickest way to double your money is to fold it over and put it back in your pocket.**

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

