



General Membership Meeting Minutes
September 25, 2018

Call to Order/Board Updates & Issues:

- **First Vice President's Report** (Don): The newsletter will be posted on the Civic Association website for more in-depth information.
 - ✓ Don handed out newsletter with community items of interest and had CCV maps for \$1.50 that will also be available at the ice cream social.
 - ✓ Some of the items of interest are:
 - There will be paving on Braddock Road between 9/24 and 9/28 and both directions will be closed at different times.
 - There will be new short-term lodging regulations starting on 10/1/18. You can go to <https://www.fairfaxcounty.gov/planning-zoning/zoning/short-term-property-rentals> for more information.
 - Community comments are wanted on the proposed Braddock Road pedestrian overpasses. Contact John C. Cook's office with comments or questions 703-425-9300.
 - Consider Absentee voting if you will be unable to vote in the General Election on November 6, 2018. <https://www.voting@fairfaxcounty.gov> or 703-222-0776.
 - Comprehensive Site Plan for the former NV Training Center. To review information, go to <https://www.fairfaxcounty.gov/planning-zoning/plan-amendments/training-center-site>. Task force meeting agendas, handouts, PowerPoint's and minutes are available at: <https://www.fairfaxcounty.gov/planning-zoning/plan-amandments/training-center-site/meetings>
 - Comprehensive plan for the northeast corner of Braddock Road and Roberts Road information can be found at: <https://www.fairfaxcounty.gov/braddock/roberts-road-proposed-residential-development>.
 - October community meeting on comprehensive plan amendment for One University
 - Land use and environment committee seeking new members
 - Subscribe to the Braddock Beacon through Supervisor Cook's office at either braddock@fairfaxcounty.gov or by calling 703-425-9300.

- **Second Vice President's Report** (Diane):
 - ✓ There were flyers on a table for civic association members to pick up if they were interested.
 - ✓ Diane welcomed several new members, though they were not present. She will be sure to give them their copies of the directory.

- **Treasurer** (Diana):
 - ✓ Carry-over for the scholarship fund: \$ 467.28
 - ✓ Diana passed out a budget which was unanimously approved.

- **President** (Steve):
 - ✓ Steve asked if anyone would be interested in volunteering to research the various covenants in the Fairfax County records. There are seven legal sections within Country Club View and the covenants differ among them.

- **Welcoming** (Sherrie):
 - ✓ Due to the anticipation of Hurricane Florence this weekend, the Ice Cream Social has been postponed to September 30th. Much work has gone into this event and hopefully we will be able to have the same level of participation as we had expected for this weekend.
 - ✓ There will be more booths than ever before such as:
 - Face Painting
 - Car show
 - Book exchange
 - A realtor who can tell you about what your home values are
 - Plant stand - any leftover plants will be donated to the Sideburn Run Pool
 - Power Pack donations for Oak View so that students who don't have food at home can have food on weekends
 - Neighborhood watch booth, as we really need volunteers
 - Two different costumed "suffragettes" and information on the Turning Point Memorial
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Committee Updates

- **Public Service** (Bob M):
 - ✓ Public hearing/vote to switch Sideburn parking from Robinson district to GMU district was held today and was passed.
 - ✓ The parking hours would be:
 NO PARKING
 7:00 a.m. - 8:00 p.m. - Monday through Friday
 7:00 a.m. - 1:00 p.m. - Saturday
 Except by Permit (District 40)

- ✓ The parking issue at Gadsen and Portsmouth is still waiting for enough people to sign the petition. Of the affected residents, only 12% have signed and 70% is needed for a hearing.
- ✓ The county has been brought into the discussion about cutting the shrubbery on the corner of Gadsen and Portsmouth.
- ✓ There was discussion about a woman who was in a car and overdosed on drugs at Gadsen and Portsmouth. There are actually more drug arrests in the Oak View parking lot though. If any resident notices a car parked with people in it for any length of time, please do call the police.
- ✓ There are only about 47 active Neighborhood Watch teams at this time that actually drive through the neighborhood.

New Business: Bea Stephenson was presented with a lovely mum, a card and a \$50.00 Visa gift certificate to thank her for her many years of service to our civic association.

Program: Dr. Patrice Winter "You Rest, You Rust"

Dr. Winter is a physical therapist by training and is now a professor at GMU

- Your eyes start to decline at age 20!
- Your heart pumps 5 liters per minute at age 20, but only 3.5 liters per minute at age 60.
- Balance - practice balancing for 2 minutes at the kitchen sink so you can touch the sink if needed.
- Posture - stand tall! Your body will thank you, you will breathe better and move better.
- Your brain also needs plenty of oxygen, so exercise!
- As you age, your ribs don't move as much, so you don't take in as much air - another reason to stand up straight and not slump!
- Do full range of motion exercises often as your synovial joints (shoulders, wrists, hips, etc.) do better when the synovial fluid is moved around these joints.
- WALK! Walking is the best exercise you can do. Try for 30 minutes/day, even if you have to just do 10 minutes three times throughout the day. You will also improve your flexibility, balance, and strength by walking. If you can walk and sing, you're going too slowly. You should be a *little* bit winded. If you can't even talk though, you're going too fast.
- Your eyes stay the same size all of your life, but your irises, which are muscles, need 3 times as much light at age 60 as they do at age 20.
- Your nose and ears continue to grow until you die.
- Take care of your teeth.
- Your ears and eyes need stimulation and without it dementia is more likely. That's why it's so important to wear hearing aids and/or if you need them
- Stay hydrated. Your urine should be a *pale* yellow.
- Food choices: natural food colors, pickles, herring, buttermilk, basically fermented foods are good for you and your gut.
- Eat in moderation.
- Urinary tract infections can be less noticeable to women as they age, but can actually make one seem incompetent. Therefore, if you're wondering about someone, have them checked for a UTI.