

BBHCA eNews

DECEMBER 2012 / JANUARY 2013

It's Time to Get Your Flu Vaccine!

<http://www.cdc.gov/flu/about/disease/index.htm>

"Influenza activity is increasing in parts of the country and further increases are expected in the coming weeks and months. It takes two weeks for immune protection to fully develop after vaccination. The upcoming season's flu vaccine will protect against the three influenza viruses that research indicates will be most common during the season. This includes an influenza A (H1N1) virus, an influenza A (H3N2) virus, and an influenza B virus."

Influenza Symptoms

"Influenza (also known as the flu) is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

* It's important to note that not everyone with flu will have a fever.

Flu Complications

Most people who get influenza will recover in a few days to less than two weeks, but some people will develop complications (such as pneumonia) as a result of the flu, some of which can be life-threatening and result in death.

Pneumonia, bronchitis, and sinus and ear infections are three examples of complications from flu. The flu can make chronic health problems worse. For example, people with asthma may experience asthma attacks while they have the flu, and people with chronic congestive heart failure may have worsening of this condition that is triggered by the flu.

People at Higher Risk from Flu

Anyone can get the flu (even healthy people), and serious problems from influenza can happen at any age, but some people are at higher risk of developing serious flu-related complications if they get sick. This includes people 65 years and older, people of any age with certain chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, and young children.

One study found that during the 1990s, flu-related deaths in the United States ranged from an estimated 17,000 during the mildest season to 52,000 during the most severe season (36,000 average). During a regular flu season, about 90 percent of deaths occur in people 65 years and older."

Lighting Up Savings

<http://energy.gov/energysaver/articles/how-energy-efficient-light-bulbs-compare-traditional-incandescents>

“Compared to traditional incandescents, energy-efficient light bulbs such as energy-saving incandescents, compact fluorescent lamps (CFLs), and light emitting diodes (LEDs) have the following advantages:

- Typically use about 25%-80% less energy, saving you money
- Can last 3-25 times longer.

Today's energy-efficient bulbs are available in the wide range of colors and light levels you've come to expect. While the initial price of energy-efficient bulbs is typically higher than traditional incandescents, energy-efficient bulbs cost less to operate, saving you money over the life of the bulb. Many of the energy-efficient bulbs last significantly longer than traditional bulbs, so you won't need to replace them as often.



The table below compares a 60 watt (W) traditional incandescent with energy efficient bulbs that provide similar light levels.”

Comparisons between traditional Incandescent and energy-efficient light bulbs

	60W Traditional Incandescent	43W Energy-Saving Incandescent	15W CFL	12W LED
Energy \$ Saved (%)	—	~25%	~75%	~75–80%
Annual Energy Cost*	\$4.80	\$3.50	\$1.20	\$1.00
Bulb Life	1000 hours	1000 to 3000 hours	10,000 hours	25,000 hours

*Based on 2 hrs/day of usage, an electricity rate of 11 cents per kilowatt-hour, shown in U.S. dollars.

6 Things You Can Do to Get Ready for Winter Weather



<http://fairfaxcountyemergency.wordpress.com/2012/11/13/what-should-you-do-to-ge6-things-you-can-do-to-get-ready-for-winter-weathert-ready-for-winter-weather/>

“In late October, Hurricane Sandy brought heavy rain, wind, flooding and, yes, even snow to parts of Virginia! It’s not too early to get ready for winter weather.

Here are six important tips for protecting yourself and your home this winter:

1. Get where you need to be before the weather gets bad. It’s always best to stay off roads during winter storms. Most traffic crashes happen within the first two hours after a storm starts. Get road conditions by calling 511 or visiting www.511Virginia.org.
2. If you heat with a fireplace or wood stove, have a professional check it, especially if it has been a long time since the last cleaning. Residue can build up and cause fires.
3. Use space heaters safely. Plug space heaters directly into wall outlets. Never plug them into extension cords. Keep space heaters at least three feet from other objects, and turn off before going to bed.
4. Stay informed during power outages. Be sure you have a battery-powered and/or hand-crank radio (and extra batteries). Get one with the NOAA Weather Radio band so you can hear winter weather reports directly from the National Weather Service as well as local radio stations. These are available at electronics, discount and sporting goods stores, and online from many retail outlets. Models are available for those with special needs. And remember your cellphone—make sure you keep it charged and have power cords in your vehicle for charging your phone in case you lose power in your home.

5. Don't use candles during power outages. Many home fires in winter are caused by candles. Flashlights are much safer. Be sure to have plenty of extra batteries.
6. Most importantly, you need a family emergency plan. If your family cannot return home because of severe weather or closed roads, you need to decide now on where you will meet to reunite. You also need an out-of-town relative or friend to be your family emergency contact. Got to <http://www.readynova.org/> for personal and business emergency planning templates you can use."



EVENTS

Workhouse Farmers Market Now Open All Year Round!

Thursday from 3–6 pm

"Smart Markets, Inc. presents the Workhouse Farmers Market, to be held every Thursday from 3–6 pm, all year round on the Workhouse Quad!

Smart Markets of Northern Virginia is the newest arrival to the farmers market scene in Northern Virginia, providing guaranteed producer-only markets for the region's discerning shoppers. Visit the Workhouse Farmers Market every Thursday for locally grown fruits and vegetables, locally raised meats and poultry, and local foods from breads and cheeses to salsa and sausage.

Here is the list of Workhouse Farmers Market vendors to-date:

- Celtic Pasties
- Chester Hess Farm and Orchard
- Comfort Mix Snack Mixes
- Delicias del Sur
- Divine Wood-Fired Pizza
- El Ceibo Chocolate
- Great Harvest Bread Company
- Ignacio's Produce
- Joie de Vivre Fine Foods
- Kustomcoffee
- Kylie's Pop Shop
- Shenandoah Seasonal Farm
- Steven Stoltzfus' Certified Organic Produce and Amish Baked Goods
- Uncle Fred's BBQ
- Valley View Bakery
- Wicked Oak Farm

The Workhouse Farmers Market times and dates may change depending on the weather."

Source: <http://workhousearts.org/events/general-events/workhouse-farmers-market-0>

Citizens Advisory Council (CAC) Meeting

Wednesday, December 19

6:30 pm to 8:30 pm

Helen Wilson Community Room, Lee District Government Center, 6121 Franconia Road

<http://www.fairfaxcounty.gov/police/stations/franconia/franstacac.htm>

Topic: TBA

What is CAC? The purpose of the CAC is to:

- Provide a forum for obtaining citizen input about the delivery of police services.
- Provide a formalized process that will facilitate citizen and community cooperation with the police.
- Identify specific and potential problem areas concerning the police.

BBHCA Community Meeting

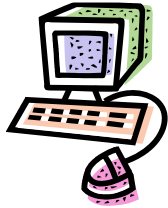
Tuesday, January 8

7:30 pm

Bush Hill Elementary School

Topic: Emergency Preparedness: Sheltering in Place

Speaker: Marcelo Ferreira, CEM, Fairfax County Office of Emergency Management



LINKS TO KEEP

Foreclosure Prevention and Information

<http://www.fairfaxcounty.gov/foreclosures/>

Fairfax County can help if you are a homeowner in foreclosure, you are a renter living in a property in foreclosure, or you want to complain about foreclosed properties.

Complaints and Concerns

<http://www.fairfaxcounty.gov/complaints/>

Forms to report complaints, concerns and issues in your neighborhood or community. Areas include:

- Homes and properties
- Crime and law enforcement
- Roads and trails
- Foods issues
- Consumer issues
- Animals
- Environment
- Taxes
- Discrimination

Parktakes Online

<http://www.fairfaxcounty.gov/parks/parktakes/>

Search and register online for a variety of classes at the Fairfax County recreation centers.

Lee District Rec Center

<http://www.fairfaxcounty.gov/parks/rec/leerec.htm>

Go online for a description of facility, hours of operation, and a schedule of events and classes.

Energy.gov

<http://energy.gov/energysaver/energy-saver>

When you throw away money on wasted electricity, you're throwing away everything you could have bought with it. The Energy Department partners with the Ad Council to show you how saving energy saves you money.

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This electronic newsletter is sent to current members of the Brookland-Bush Hill Civic Association (BBHCA). If you do not wish to receive any e-mails from BBHCA, respond to membership@bbhca.org and enter "unsubscribe" in the subject line. The views expressed in eNews do not necessarily reflect the views of the Brookland-Bush Hill Civic Association or its Board of Directors.

Brookland-Bush Hill Civic Association

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