

**BBHCA Community Meeting—Mark Your Calendar!**

<http://www.bbhca.org>

**Tuesday, March 13, 2006**

7:30 pm

Bush Hill Elementary School (Cafeteria)

Guest Speaker: Delegate Mark Sickles

**Lee District Annual Town Hall Meeting**

[http://www.fairfaxcounty.gov/lee/CalendarofEvents/lee\\_townmtg.htm](http://www.fairfaxcounty.gov/lee/CalendarofEvents/lee_townmtg.htm)

**Saturday, March TBA**

1:00–4:00 pm

6121 Franconia Road

This is an annual event that Supervisor Kauffman holds. There are activities for the family, a brief town meeting, display tables by many different organizations with handouts and someone to discuss any questions you may have. Please plan to attend and bring the family to have fun and get the latest information that will affect all of us in Lee District.

**AGENDA**

9–10 am Browse Display Tables

10–11 am Flag Presentation

National Anthem

Opening remarks and introductions of guests by Supervisor Dana Kauffman

Presentations

Closing Remarks, Supervisor Dana Kauffman

11 am– Question and Answer Session

12 pm

For more information, e-mail [leedist@fairfaxcounty.gov](mailto:leedist@fairfaxcounty.gov) or call 703-971-6262.

**Shoveling Snow—Ain't it fun?**

<http://www.fairfaxcounty.gov/news/2006/304.htm>

According to the Virginia Department of Emergency Management, shoveling snow is hard on your body (no kidding). Research has shown the energy used to shovel snow is similar to playing singles tennis or speed walking at 5 mph. If there is any reason that shoveling snow might be dangerous for you, such as a heart condition, consult your doctor before shoveling. For these and other cold facts, click on the link above.

**Are You Prepared?**

<http://www.fairfaxcounty.gov/news/2006/304.htm>

On Feb 5, a power outage at Cameron Run Terrace Apartments left residents in the cold. As a result, an emergency shelter had to be provided at Lee District Rec Center. We don't know yet what will be the outcome of the coming winter storm system headed for our area. From power outages to storms to any other unexpected emergency, all residents should be sure to have a home emergency supply kit.

#### Emergency Supply Kit

- At least a three-day supply of food that won't spoil.
- One gallon of water per person, per day.
- A battery-powered radio (people with hearing impairments should consider signing up for the Community Emergency Alert Network at [www.fairfaxcounty.gov/cean](http://www.fairfaxcounty.gov/cean) and obtaining a cell phone with text messaging capacity).
- A flashlight with extra batteries.
- A First-aid kit.
- An extra supply of prescription or over-the-counter medicines.
- A plan for those with special needs who may need to come stay in your home because they lost utilities from a storm. Those with special needs could include the elderly, people with disabilities, and the medically frail.

Additional information on assembling an emergency supply kit is available online at the Fairfax County Citizens Corps Web site, [www.fairfaxcountycitizenscorps.org](http://www.fairfaxcountycitizenscorps.org), as well as the county's emergency information Web page, [www.fairfaxcounty.gov/emergency](http://www.fairfaxcounty.gov/emergency).

## What Can't You See or Smell, but Can Kill You?

<http://www.fairfaxcounty.gov/opa/newstouse/articles/0027.htm>

Carbon monoxide is a colorless, odorless and tasteless gas. It causes about 300 accidental fatalities in homes each year; thousands more are treated in hospitals for CO poisoning. Carbon monoxide robs our blood of oxygen. Early symptoms of exposure include headache, fatigue, nausea and confused thinking (so victims cannot think clearly enough to get assistance). Without treatment, the victim will lose consciousness, and if no help is given will lose their life.

Carbon monoxide is produced by combustion. Common causes are:

1. Defective gas or oil furnaces and water heaters.
2. Cracked chimney flues.
3. Indoor use of charcoal grills.
4. Use of a gas oven or range to warm a room.
5. Running a car in an enclosed area.
6. Closing the fireplace damper before the fire is completely out.

Carbon monoxide accidents are preventable. Actions you should take to protect your family are:

- Every fall you should have a qualified technician inspect your gas furnace and appliances.
- Never allow your car to run in an enclosed area, especially if it is attached to your house.
- Make sure your fireplace is in good repair and do not close the damper before the fire is out.
- Install CO alarms to give your family a warning if CO is building up in your house.

## Links To Keep

**Got Snow? Snow Removal FAQs**

<http://www.fairfaxcounty.gov/dpwes/navbar/faqs/snowremoval.htm#top>

The Virginia Department of Transportation (VDOT) is responsible for removing snow and ice from the thousands of miles of public roads (interstate, primary and secondary) in Fairfax County. Clearing is done on a priority basis, with interstates and high volume roads cleared first. Once the most heavily traveled roads and emergency routes are adequately clear, snow crews move to less-traveled roads and subdivisions. For more information, click on the link above.

### **Consumers Can Get Help with Complaints and Disputes**

[www.fairfaxcounty.gov/consumer](http://www.fairfaxcounty.gov/consumer)

In addition to providing consumer education, Fairfax County Consumer Affairs investigates and mediates consumer complaints and tenant-landlord disputes to determine whether consumer protection laws have been violated.

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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 this or any other e-mails from BBHCA, respond to this e-mail and enter "unsubscribe" in the subject line. Thank you!