



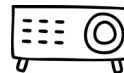
MIDDLERIDGE NEWSLETTER

APRIL 2024

Middleridge Civic Association - - - - - Reaching 578 Homes and Families



BAYER'S BROADCAST



SPRING BLOSSOMS WITH FUN EVENTS AND KINDNESS

April and the showers are here along with tulips and the other flowers! On the nice days it's so wonderful to smell and hear the noises of Spring—even the yard work. Projects inside and outside beautify our homes and remind us of the joy of renewal.

Speaking of, I want to call out our common area landscape crew, **Miranda Landscaping LLC**. Not only have they done an amazing job, but they planted tulips at each of the entrances! It's been such a wonderful surprise to see the tulips blooming the last week or so; more beauty to behold in our community.

On March 24th we held our annual **Easter Egg Hunt** with Fairfax Club Estates in Middleridge Park. While it was a little wet, the sun was out and shining! Matt Anderson took over this year and did an awesome job – but not without Sarah Koch's and Karen William's help preparing for the event. Other helpers during the event were Yaya, Kevin and Vicky Zhang; Jamie and Courtney Clark;

Angie Fallett; Annalise Gonzalez huge help; and Webelo Scout J.T. Morris. Please see the write up and photos in our MCA Facebook group, in the app, or on our website.

On April 6th our **Woodglen Lake and Middleridge Park Cleanup** occurred. Kati Engle took over this effort from Sarah Mayhew and did a fabulous job. Kati and the team cleaned both the park and lake in a little over two hours. Thanks to all who helped keep our community looking wonderful.

On March 16th, Marie Morris wrangled two fabulous meals for the West Springfield Police as the first of our 2024 **Feed the First Responder** events. Thank you to EVERYONE who donated food, supplies, or funds for this event and thanks to Jim, Marie, and Ashley Carter; Herb and Sheila Champion; and Perri Bayer for their direct support at the Police Station. You can enjoy photos and a recap on the website.

On April 13th, Maryn Simon and

her crew will host our annual **Pet Parade**. This is a fantastic event that brings our community out to enjoy the Spring weather and a "howling" good time together. Fairfax Club Estates will join us and help support this wonderful event. Please join the parade, sit and cheer from the streets as we go by, and/or join us in Middleridge Park for treats and awards.

On April 20th, our community, along with FCE, will be holding our **bi-annual MCA Community Yard Sale**. Donna Hosek has taken over this event from Erick Arraya and has already built a flyer that has been placed in a variety of publications. Donna will have signs, maps, and hopefully good weather (I'm calling in a favor for the latter, but sometimes there's no answer). Keep in mind that given our historically successful yard sales, there will be heavy traffic on our streets from 7 am–1 pm. If you want to be placed on the neighborhood selling map, please make sure to reach out to Donna (donnahosek@yahoo.com).

All of these past and upcoming events lead us into our **Annual Meeting** on May 9th. The plan

Article Continues **Page 02**

(still to confirm) is to hold the meeting at the Burke Center Library. It would be wonderful to see you all in person, but we will also have a Zoom option. This meeting is an opportunity for our Association to discuss a number of topics such as potential bylaw changes, discussions about Middleridge Park use, and to award MCA scholarships to several High School Seniors from our community.

The annual meeting is also a time for our neighbors to discuss concerns, ask questions, and share comments. So, if you have any ideas that the MCA should hear, please join us. We will also have our **Executive Board elections** at the annual meeting. We really would like for you to consider joining the board (President, Vice President, Treasurer, Secretary). If you're contemplating the idea, but have questions, please reach out and I will be happy to tell you all about the wonderful work we do. Being part of the board is rewarding. It doesn't involve an overwhelming number of hours, and it has the most wonderful direct effect on the neighborhood we call home. We're always looking for fresh ideas and fresh perspectives. We need more active volunteers, and we pride ourselves on being

UPCOMING MCA EVENTS

4/1 : Scholarship Deadline

4/6 : Woodglen Lake Clean-up

4/11 : MCA Board Meeting 7pm

4/13 : Pet Parade

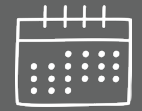
4/20 : Spring Yard Sale

4/22-26 : *BBES PTO

Chick-fil-A Spirit Week

5/9 : MCA Membership Meeting

NOTES + CALENDAR



welcoming (in fact, we have a whole committee for it).

Finally, the MCA is getting ready to begin planning our August **National Night Out** event. We're looking for volunteers to join our team. This is a great event and many hands make light work! I will be sending out an email this month for a planning meeting.

Wow that's quite a lot going on – your \$30 annual membership fee provides one heck of a return! If you are a new resident, or even an old one that hasn't renewed or joined, please look at our website for a membership application and join in the fun!

As I started this article, I want

to finish wishing you all a happy Spring! Get outside and spend time enjoying the beautiful days and nights, grill some burgers or brats, and talk with your neighbors. Enjoy a walk with your furry friends or just your neighbors who might need a shave. Our community thrives when we meet and talk with our neighbors. After all, we all have something in common; we decided to make our lives in this great place we call home - Middleridge.

April 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 FCPS School Holiday MCA Scholarship Deadline	2 FCPS School Holiday	3	4	5	6 Woodglen Lake Clean-up
7	8	9	10 FCPS School Holiday	11 MCA Board Meeting 7pm	12	13 Pet Parade
14	15	16	17	18	19	20 Spring Yard Sale
21	22 *BBES PTO Chick-fil-A Spirit Week Earth Day	23	24	25	26 Arbor Day	27
28	29	30	1	2	3	4

* Mention BBES with any breakfast, lunch, or dinner order and the school will receive 15% of your order total as a donation

UPCOMING EVENTS



MCA & FCE COMMUNITY SPRING YARD SALE

Saturday, April 20, 2024, join your fellow Middleridge and FCE neighbors in creating space for the things you really love in your home while seeing others delight in the treasures you're shedding.

Details: Saturday, April 20
Rain date, April 21
7am — 1pm

Marketing: The yard sale will be advertised via different online websites, apps, and social media. We will put together a community yard sale map which will include a list of participating homes. Yard sale maps will be distributed at all entrances

to the neighborhood on the morning of the event.

Sign up: If you want to be included in the yard sale map, please provide your address to our new coordinator, **Donna Hosek** (dannahosek@yahoo.com) no later than Thursday, April 18. Members and non-members are welcome to participate!



INDEPENDENCE
LANDSCAPE



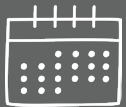
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EVENT RECAP

TACKLING TRASH AT WOODGLEN LAKE

Under the dedicated leadership of Kati Engle, this year's Woodglen Lake/Middleridge Park cleanup on the morning of April 6 was a resounding success! A heartfelt thank you to Sarah Mayhew for the seamless handoff.

Despite the dreary start to the day, our volunteers truly shone with their enthusiasm and dedication. With a mix of familiar faces and new helpers, Robert Franklin, Gerald Reynolds, Jiang Huang, Zheng Min, Sharon Lai, Tobias Ong and the Engel family (John, Jonah, Lillian and Kati), came together to make a difference. Beginning their efforts at Middleridge Park, Kati then led the group to the Zion entrance of Woodglen Lake, where they combed through the trails and collected an impressive two whole bags of trash.

We extend our sincerest gratitude to everyone who joined us in preserving the beauty of Middleridge and its surroundings. Your efforts truly make a difference!



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UPCOMING EVENTS



SAVE THE DATE: APRIL 13

3RD ANNUAL MIDDLEBRIDGE PET PARADE



■ Two boxers lead the way for MCA member Rick Dixon at the second annual Pet Parade.



Attention all pet lovers! Get ready to unleash the fun and paw-some excitement at our upcoming pet walk!

It's going to be a tail-wagging good time filled with furry friends and purr-fect moments. Whether your companion is a fetching Fido, a cool cat, or any other critter, we guarantee a howling good time for all! So, don't miss out on this oppawtunity to strut your stuff with your beloved fur babies. Let's put our best paws forward and make memories that will leave us feline fantastic!

Date: Saturday, April 13 (Rain date April 14)

Time: Gather at 11am

Start Location: Top of Broadwater

End Location: Middleridge Park

There will be ice pops, pet cups, and fun for all!

Contest categories include: loudest barker, best behaved, best dressed, oldest pet, youngest pet, best trick, and judges choice award. Get your pets ready and come join the fun with a chance to win prizes.

The esteemed **judging panel** will consist of Supervisor Walkinshaw, FCPS School Board Braddock District Rep Sizemore Heizer, MCA President John Bayer, and FCE President Travis Brown.

See you there. It promises to be a paws-itively delightful day out!



UPCOMING EVENTS

BI-ANNUAL GENERAL MEMBERSHIP MEETING

SAVE THE DATE: MAY 9

Mark your calendars! On May 9th, members of the MCA are invited to attend the in-person bi-annual general membership meeting likely held at Burke Center Library (tbc). The meeting will also be on Zoom for those not able to attend in person.

The general meeting will include the annual MCA high school scholarship presentations, the MCA board election, and review upcoming plans for our neighborhood.

We are looking for members to run for MCA Board Positions. For those interested in running for MCA office, there are four positions on the board: President, Vice President, Treasurer, and Secretary. The only requirement to take office is to be an MCA member in good standing. Current and past officers are readily available to help and mentor new officers. Email Board@middleridgeffx.org for more information.



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The Loaded Burger— the Perfect Diet Food!

- by Catie Morales



After reading that headline, I know you're thinking, "no way," but hear me out. I've done extensive research and received expert advice on this subject and thought readers needed to know what I learned. The hamburger is possibly the most nutritious, balanced meal ever invented. I'm not talking about just any burger, but one with mayo, lettuce, tomato, pickles, ketchup, and mustard.

Let's start with the meat. Fatty meat, with at least 30% fat, is actually the best choice. The burger will be juicier and more flavorful, and when cooked correctly, the tenderness scale is raised to a whopping eight, as compared to six for the 15% fat option. The greasier, the better. And tenderness is directly related to digestibility, so it's easier on the gut as well.

Lettuce, tomato, and pickle, in combination with each other, provide a perfect scenario of vitamins, minerals, and roughage. Lettuce, of course, has iron, vitamin C, and antioxidants that create the solid groundwork for healthy nutrition. The pickle is probably the most perfect food in the universe, combining the cleansing power of vinegar, healing garlic, and it is an earth-grown vegetable. The tomato is full of vitamin D with just enough acidic properties to balance your hormones.

Now for the condiments. Mayo generates extra protein power from the egg, and of course, the oil keeps skin glowing and hair shiny. I recommend mixing the mustard and ketchup. Their friction generates a powerful chemical reaction that mimics your own metabolism — a natural fat burner. Dr. Jeffrey Yoke, a former nutritionist, said: "Fully loaded hamburgers are possibly the perfect diet food when prepared correctly. It's all about balance."

Now, if you believed any of this, well, you've just been pranked. April Fools! I thought everyone needed a good laugh, and while some of this could be true, I made most of it up!

Just like finding the perfect ingredients for a juicy burger, navigating Middleridge real estate requires a seasoned expert. Whether you're flipping your house like a well-done patty or scouting for your dream home like the last pickle in the jar, we're here to ensure your real estate adventure is both successful and sprinkled with a bit of laughter. In Middleridge, we're your secret sauce to real estate success. Let's cook up some deals together!

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BOARD MEETING MINUTES

MCA BOARD MEETING MINUTES IN A MINUTE

The Executive Board, Committee Chairs, and residents gathered via Zoom on Thursday, March 16, 2024, for the monthly board meeting. The MCA has met its newsletter and directory advertising revenue for 2024. There are currently 346 MCA members. Email the Board (board@middleridgeFFX.org) if you would like to volunteer: two Block Captains are needed for Andrews Chapel and Clara Barton; an artist for award sign repair/maintenance; a coordinator for the Woodglen Lake Cleanup; and nominees for the Executive Board elections in May. Download the MCA app from the app store! The scholarship deadline is April 1, 2024. The April events are the Pet Parade (11 AM APR13) and the Spring Yard Sale (7AM-1PM APR 20).

by Marie Morris,
Middleridge Neighborhood Secretary

Upcoming Monthly Meetings: Thurs, April 11 & May 9 at 7pm



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BLOCK CAPTAINS



REMINDER TO BLOCK CAPTAINS AND NEIGHBORS

You are an important link! Please contact Sharon Brown when new people move into your area.



!! BLOCK CAPTAIN NEEDED !!

Middleridge Civic Association is In search of a new Block Captain for the E-28 block (Andrews Chapel Ct and nearby John Ayers Dr). You do not need to live in the block to be Block Captain. If you or someone you know is interested in volunteering, please contact Maureen Campbell, 703-323-8817.

2024 ADVERTISING RATES

	Non-member	MCA Member *
Full Page	\$130	\$90
1/2 Page	\$72	\$46
1/4 Page	\$46	\$33
1/8 Page	\$33	\$20

*2024 MCA Membership paid

Note: Some months the newsletters will be combined, so contact us for annual rates.

Make checks payable to:
Middleridge Civic Association
P.O. Box 208
Fairfax Station, VA 22039

Deadline: Content is due by the 25th of the month.

Format: For advertisement formatting and size requirements, email a request for the current specifications.

Questions? Editor@middleridgeffx.org

MIDDLERIDGE CIVIC ASSOCIATION



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Vice President	John Tedrick	vicepresident@middleridgeffx.org
Secretary	Marie Morris	secretary@middleridgeffx.org
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Welcoming Chair	Sharon Brown	welcoming@middleridgeffx.org
Facebook	Ashley Campana	editor_FB@middleridgeffx.org
MCA Caring Community		mcc@middleridgeffx.org

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Letterboard Signs –Katie Hanczaryk

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