



THE Civic Voice

ARLINGTON COUNTY CIVIC FEDERATION

The Newsletter of the Arlington County Civic Federation

November 2008

ACCF General Meeting Notice

NORMAL START TIME
Tuesday, November 11, 2008, 7:30 PM
(One week later due to Election on November 4th)
Hazel Conference Center
Virginia Hospital Center – Arlington
1701 North George Mason Drive

1. **7:30 pm** - Pledge of Allegiance
2. Approval of Agenda
3. Approval of Minutes (October 7, 2008)
4. Treasurer's Report
5. **7:40 pm** – Committee Reports/Announcements
6. **7:45 – 8:15 pm** Flu and MAPP Program (*Page 1*)
 - Dr. Reuben Varghese Presentation– 15 minutes
 - Resolution – ACCF as Booster (Public Services) – 15 minutes
7. **8:15 – 9:15 pm** Legislative Committee 2009 Legislative Package (*1 Hour – see page 2*)
 - Format and Submitted Items (Walkthrough) – 15 minutes
 - Discussion – 45 minutes
 - Delegate/Alternate Ballot distributed
 - Note: Legislative Package Results (to be posted on ACCF Website)
8. **9:15 – 9:20 pm** New Business & Announcements
 - ACCF 2009 Banquet Concepts
 - Other
9. Adjournment

MAPP – ACCF as a “Booster”

All health districts in the Commonwealth of Virginia are now engaged in a long term planning exercise entitled MAPP – Managing Action through Planning and Partnerships. As one part of this program, initiatives in a wide range of health issues,

including communicable diseases such as influenza are being formulated. Where possible there is identification of Champion (lead agencies/entities) and Booster (supporting agencies/entities) organizations.

Bob Atkins, as the ACCF representative to the Arlington MAPP steering committee, felt that the ACCF could prove most useful as a “Booster” for the influenza program. This is because an estimated ninety thousand Arlington residents who should be receiving annual influenza vaccinations based upon age and/or health status are not doing so. The Public Services Committee approved his proposed resolution unchanged as submitted during our October 7th meeting. Do your part – get the flu shot!

The Flu Shot Program

By Public Services Committee

Don't miss the opportunity to learn how to stay flu-free this winter!

Dr. Reuben Varghese will be present at our November 11th meeting to share important facts about flu and how to avoid it this season.

Facts about seasonal flu (from the Centers for Disease Control and Prevention [CDC])

- Seasonal influenza (flu) is a contagious respiratory infection (nose, throat, lungs) caused by numerous strains of influenza virus which can produce serious complications as well as 1000's of deaths.
- Flu season runs from late November through March
- Symptoms of influenza can include fever, cough, headache, extreme tiredness, sore throat, runny/stuffy nose, and muscle aches, lasting up to 10 days.

Take preventive steps to keep you, your family and friends, and your community flu free including frequent hand washing and other steps listed on the CDC Web site.

Get a flu vaccine. The CDC recommends a yearly flu vaccine as the first and most important step in protecting against serious influenza infection. Select groups are very important as is anyone else who wants to reduce their risk of getting the flu

To get your flu shot ask your primary healthcare provider for a flu vaccination. Check the community resources linked on the ACCF website! Also many local pharmacies and supermarkets offer clinics.



Arlington County Civic Federation
C/o Lawrence R. Mayer
3108 4th Street North
Arlington VA, 22201-1614

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December Meeting: Tuesday, December 2, 2008

The Major Topics: 1. Financial State of Arlington
2. Planning 101 – a tutorial

December News deadline: November 15, 2008

So you want the Newsletter!

By Mileva Hartman – Membership Chair

We need your help! We have asked for your email address many times. Increased printing costs and elimination of USPS bulk rates for small mailers (that's us) necessitate this action in lieu of a significant dues increase. Plans for the next calendar year (2009) are **ONLY** for electronic newsletter distribution (via email links). Email or write me (mileva@civfed.org) to get on our "electronic" distribution list. We will accommodate those without email – put your request in writing to me, Mileva Hartman; 3123 Key Blvd; Arlington, VA 22201. Bottom line - no response, no future newsletters!

Be Noticed – Are you're here!

By Mileva Hartman – Membership Chair

It should be no surprise that we want to notice all who attend our meetings! There are two ways to help accomplish this:

- **Sign-in sheets** - Sign-in sheet information now includes email address fields – an easy way to provide or update your information. These sheets are also compiled for annual reports for your organization's leadership. Don't sign-in and no one will know you attended meetings!
- **Name Tags** – New in November are name tags – help the "forgetful" President (and others) to know who you are! We plan to continue this practice and hope it helps us all. (*Many thanks to Ann Rudd for the suggestion to offer name tags*)

Tidbits

New activities or actions, considered by the Executive Committee since the October meeting are itemized. Where noted, material is posted to the ACCF Web site.

1. **Meetings for 2008/2009** – Further changes were made in meeting plans. February 3rd is set for the ACCF County Board program. Other program changes are being determined and we will keep you informed via the ACCF Web site as to current plans.
2. **Help Still Needed** – Response continues to be lackluster! We still have various openings. Please respond to Larry Mayer with your interest!

Legislative Program - 2009

By Housing Committee

The legislative package for 2009 will be debated at the Federation's November 11th meeting. A draft package was presented at the October 7th meeting, and is also available on the Civic Federation's website.

Delegates, or alternate delegates, may submit additional planks, i.e., they will become part of the draft 2009 legislative package, but the **additional planks must be submitted by COB Friday, November 7**, to either the chair of the Legislative Committee (e-mail timwise (@) verizon.net) or to the Civic Federation president.

Once again this year, there will be no "special rule." During the debate period, we will discuss and debate each plank. At the conclusion of the debate period, items will be voted on using paper ballots, as we did last year. Planks receiving a 2/3 majority will become part of the Federation's 2009 Legislative Package. Last year, virtually all planks received more than 2/3 majorities, but this rule, passed by the Executive Committee, should sharpen debate because of the incentive to pass or defeat individual planks as well as enable the Federation to say the package truly represents The Civic Voice of Arlington.