

Farmington Civic Association

FARMINGTONVA.COM WINTER EDITION 2023

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Happy New Year, Farmington Neighbors!

Here's to a year of good health, lots of love, plenty of laughter, and smiling faces in the neighborhood.

The Civic Association and the Garden Club have remained busy. Thank you to all members who assisted in the holiday decorations and the lighting ceremony. The beautiful decorations are just one more reason I enjoy coming home during the holiday season after being out for the day. The Garden Club did a wonderful job with the Winter Holiday Contest, as usual. The home of Anthony and Rita Bradford certainly earned the winning spot. We also had a wonderful guest speaker from Alabaster Counseling during our general membership meeting in November.

It's not too late to pay 2023 membership dues if you have not yet done so. We appreciate your support with a payment (which can be mailed to the P.O. Box or sent via PayPal from our website). Your support is essential to all the civic association does to make Farmington a beautiful and desirable community. Membership is only \$50/yearly, so we hope you will consider joining. Thank you to all who have paid your dues and are doing the work of making this a wonderful place to live.

Stay safe and see you around the neighborhood,

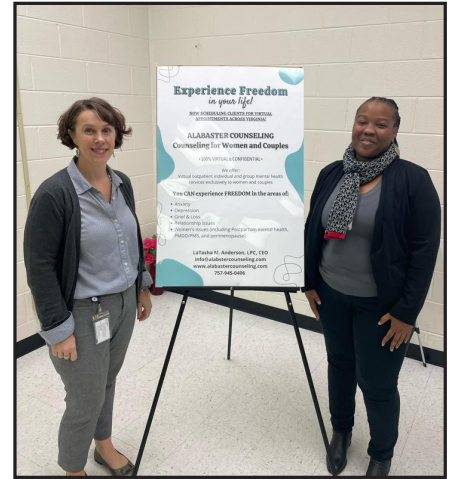
Connie Vatsa, President

Mental Wellness with LaTasha Anderson

On November 28th, LaTasha Anderson, Licensed Professional Counselor, led a discussion on mental wellness at our General Membership Meeting. The discussion focused on grief and loss, highlighting the losses that we typically do not think of as warranting grief, such as moving/loss of home, loss of a job, estrangement from family, loss when an adult child gets married (because the nature of the relationship between parent and child changes), or loss of meaningful objects. She emphasized the things that are important for caring for your mental health, including

1. getting good sleep
2. eating well/getting nutrition, through supplements if necessary
3. exercise, such as walking
4. getting outside
5. connection to friends/family
6. spending time with hobbies/interests
7. faith practices and
8. disconnecting from social media.

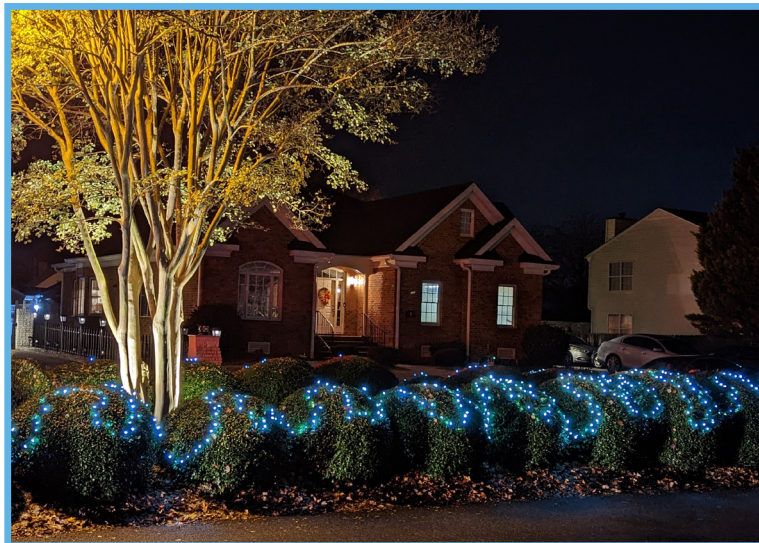
She shared a mindfulness exercise that helps to bring one's attention to the present moment (useful in lessening anxiety and anger). The exercise involves naming 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell, and 1 thing you can taste in that moment. She also recommended deep breathing as a helpful relaxation technique.



FCA President (left) and LaTasha Anderson

To learn more about the therapy services her company (Alabaster Counseling) offers, please visit alabastercounseling.com, email her at latasha@alabastercounseling.com, or call 757-945-0406.

FCA LIGHTING CEREMONY: TOTALLY LIT!



The now-annual FCA Lighting Ceremony went off without a hitch! Attendees had a rollicking, seasonal good time enjoying refreshments provided by FCA Treasurer Aaron Giles.

BLOCK CAPTAINS WANTED!

Block captains are a vital part of our neighborhood, as they connect neighbors, establish communications, and improve the quality of life for all Farmington residents. The role of the block captain is simply to maintain a block roster and help facilitate effective communication via email and/or group text. Currently, we have a few blocks without a captain and are soliciting a representative for the following streets/blocks. House numbers follow the street names in parentheses to indicate the section of street that the block captain's jurisdiction covers. Where no house numbers are indicated, we're looking for someone to take the entire street (these streets are modest in size compared to the larger ones like Farmington Blvd).

Farmington Blvd (1-17)

Danfield Cir

Wentworth Pl

Woodlawn Dr

Castle Haven Rd (1 -21)

Estate Dr (48 – 59)

Diamond Hill Rd (65 -72)



If you are interested in assuming the captainship for your respective street and/or have questions regarding the role, please contact Robert Caldwell at robertac61@yahoo.com. Please include the phrase "block captain" in your subject line. Robert serves as Farmington's Lead Block Captain.

Robert Caldwell, Lead Block Captain

Hampton PD Comments on Security Cameras

Captain Edmonds of the Hampton PD was gracious enough to correspond with the Newsletter staff regarding security issues in the neighborhood, specifically security cameras and their efficaciousness. On the topic of the security camera the FCA maintains at the front of the neighborhood, while he didn't feel it was his place to specifically endorse the time/money the FCA spends maintaining the camera, he did say that cameras like the one at the front of the neighborhood had the following benefits:

- Deter certain criminal activities
- Provide investigatory leads
- Establish time-of-day crime timelines
- Identify subjects who are involved in criminal activities
- Identify vehicles utilized in criminal activities
- Assist in solving crimes that have already been committed



The Captain also endorsed the continued use of Ring security cameras for those residents who already own them, as the PD has a proven record of establishing leads from these cameras. Captain Edmonds also made it clear that the PD is happy to attend General Membership meetings of the FCA. If residents are interested in having the PD in attendance at one of our meetings, please email/call the FCA and register your interest!

Vik Vatsa, Editor

September Yard of the Month



September winners: The Hudsons

We're happy to issue a belated congratulations to the September winners of the Yard of the Month, sponsored by the FGC (Farmington Garden Club)! Our September winners are Charles and Linda Hudson, of 24 Castle Haven Road.

Please congratulate our newest winners, and be sure to thank them for helping to keep Farmington a beautiful place to live. Note that the FGC will resume the Yard of the Month contest as the weather gets warmer and our yards become greener.

Vik Vatsa, Editor

WINTER HOLIDAY DECORATIONS WINNER

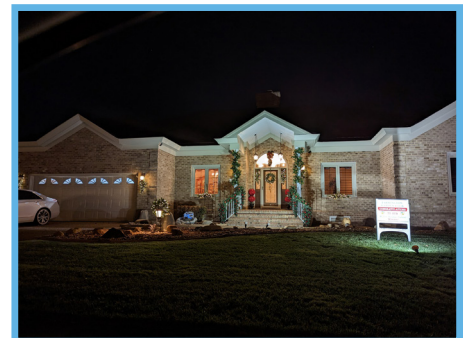
Congratulations to the winners of the Winter Holiday Decorations Contest, sponsored by the FGC! Our winners are Anthony and Rita Bradford of 48 Diamond Hill Road.



The Bradfords, pictured with the Garden Club

Congratulations, Anthony and Rita. Your lovely home helped bring the spirit of the holidays to Farmington. And thanks to everyone in the neighborhood who decorated in the spirit of the season.

Vik Vatsa, Editor



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Staff: Vik Vatsa, Editor. We appreciate articles, ideas for articles, as well as general feedback.

Please send to farmingtonhptva@gmail.com, the FCA Board's official email: Your contribution will be forwarded to the Newsletter Editor. If you would like to be published in the next issue, please submit by March 31st.