



NEXT GENERAL MEETING



Thursday, Sept. 13, 6:30 p.m.

Walking Tour with Supervisor Jeff McKay

For details see page 3.

JMCA EVENTS

**Tuesday, Oct. 16:
General Board Meeting**

Open to the Public

Location details will be posted on the JMCA website

JMCA ON THE WEB

Website: <http://www.jeffersonmanor.org>

Listserv: <http://groups.yahoo.com/group/jeffersonmanor>

Parents group: <http://groups.yahoo.com/group/jeffersonmanorparents>

Facebook: Search Facebook groups for Jefferson Manor Citizens Association

Nextdoor.com: https://jeffersonmanorva.nextdoor.com/news_feed/

President's Letter

As the school busses start to rumble through our streets, we can all breathe a sigh of relief and say goodbye to summer. It has been an interesting and exciting season here in Jefferson Manor. We kicked the season off with our annual Home and Garden tour, and got the fireworks going early during the great Derecho storm at the end of June. We welcomed our newest additions to the community, three beautiful speed humps, in late July. And 200 of us joined in the park on a steamy August evening for our annual National Night Out event to revel in the unique bonds that we have in Jefferson Manor.

For our September meeting, we are switching things up. Lee District supervisor Jeff McKay and members of his staff will be conducting a walking tour of Jefferson Manor on Thursday, September 13. His goal is to see the community from the ground level. We conducted a similar walk-through a few years ago, and the turnout was excellent as always. We will begin the tour in the strip mall parking lot on North Kings Highway, and stroll through what I think is a fairly representative slice of the neighborhood. You can find the map of the route on page 3 in this newsletter. Come join us for as little or as much of the tour as you would like. Supervisor



See page 3 for a larger map.

McKay wants to hear your concerns about the neighborhood and the county. The two items that the JMCA board is particularly keen on highlighting are cut-through traffic and the southern section of the neighborhood that is still awaiting renovation. If you cannot make this event but have something you want included in the discussion, please drop me a line and I will see what I can do.

Our final event before hunkering down for the holidays is our Halloween costume parade. Our wonderful Parents' Group is again taking the lead on this. After last year's success in the park, I look forward to seeing what ghoulishness is brought out this year.

As we begin to wind down our social calendar for the year, it is good to remember that none of these events happen without our volunteers. From Jeff Brady and his army of volunteers in Neighborhood Watch, to Ray Kelly manning the grill at our cookouts, to the folks who help get this newsletter to your doorstep, the JMCA is your association. I take great pride in being able to lead, but ultimately we can only succeed as much as your participation allows us to. So a "thank you" to those who have helped so far, and I invite all of you to put your hat in the ring in helping the neighborhood moving forward.

Chris Soule

*President, Jefferson Manor Citizens Association
president@jeffersonmanor.org*

¿Tiene usted preguntas sobre JMCA? Llame a Sonia al 703-329-1882.

About JMCA

JMCA is a volunteer citizens' group devoted to the betterment of the Jefferson Manor neighborhood. Membership is \$20 annually, paid at the membership meetings or to JMCA, P.O. Box 4104, Alexandria, VA 22303. JMCA membership is annual, from January to December. For more information, visit: *www.JeffersonManor.org* or email us at: *info@JeffersonManor.org*.

JMCA Board Members (4/2012–3/2013)

Chris Soule, President
President@JeffersonManor.org

Julie Upham, Vice President
VP@JeffersonManor.org

Shawn Ulrick, Treasurer
Treasurer@JeffersonManor.org

Amanda Allen, Secretary
Secretary@JeffersonManor.org

Brian Allen, Director

Ashley Davis, Director

Kat Sumida, Director

Maeve Ulrick, Director

Roberta Zimmerman, Director

JMCA Activities

Neighborhood Watch
watch@JeffersonManor.org

Home Improvement Committee
homeimprovement@JeffersonManor.org

Land Use Committee
landuse@JeffersonManor.org

Parents' Group
parents@JeffersonManor.org

Social Committee
social@JeffersonManor.org

Transportation Committee
transportation@JeffersonManor.org

Website Committee
website@JeffersonManor.org

Neighborhood News Newsletter

Please direct any requests or questions about Neighborhood News to: newsletter@JeffersonManor.org

Kristina Mann, editor-in-chief
Kelly Marshall, distribution

Can JMCA Use \$5,000 in Grant Money?

JMCA is eligible to apply for a matching grant up to \$5,000 through Fairfax County's Neighborhood Enhancement Partnership Program (NEPP). The grant was announced about two weeks ago, but the application is due on September 26! The funding would be for 2013 and is geared toward projects that support the following goals:

- ▶ Promote healthier, safer, and cleaner neighborhoods
- ▶ Enhance neighborhood appearance
- ▶ Encourage or create a culture of engagement, including facilitating communication and connections in neighborhood between individuals, youth, and families
- ▶ Build or nurture community leadership within a neighborhood

How Does the Grant Process Work?

JMCA would submit a proposal for one or more projects. Proposals are evaluated by a selection committee, consisting of graduates from the county's community leadership programs. The proposal is scored on criteria that includes how well the project:

- ▶ Addresses a need that would benefit the community
- ▶ Aligns with NEPP goals
- ▶ Shows a clear and reasonable design for sustaining the project and resulting improvements and is well-planned and ready for implementation
- ▶ Involves neighborhood participation and collaboration to obtain neighborhood match funds in the form of labor hours (sweat equity), donations and cash.

NEPP will match dollar for dollar up to a maximum of \$5,000 for any funds spent by JMCA, donated, discounted by a vendor or valued as volunteered hours.

What can you do to help?

1. We need your ideas! We can include several "projects" in our applications, as long as they support the goals stated above. Several ideas have been suggested from members, including the following:
 - ▶ Fixing up the triangle of land at the intersection of Fort Drive and Monticello Road, including some vegetation and a "Welcome to Jefferson Manor" sign.
 - ▶ A tree fund. Our neighborhood has lost a lot of trees in the past few years because of storms, construction projects, and other causes. We are thinking about developing a 50-50 match (resident pays half, the fund pays half) for residents who plant new trees or other large vegetation (bushes, etc.) in their front yards
 - ▶ A JMCA neighborhood clean-up once or twice a year. This is an ideal way to provide matching funds through "sweat equity"
2. We need your expertise and connections! If anyone has any expertise or knows anyone who may provide a discount for the services or materials needed for the projects listed above (or any other suggested), we would be able to get matching funds for these.
3. We need your time and effort! Our best leverage on getting funding would be from sweat equity from volunteer hours. We could really use some help on preparing the application and coordinating the projects, which by the way would be eligible for matching funds.

Please contact Kat Sumida at 703-625-2010 or ksumida1@gmail.com if you have other ideas for projects or can assist with your expertise, connections or time and effort. We really need your help to make this successful!

Think You're Not Flexible? Think Again!

When I tell folks I teach yoga, I often hear “I would try yoga but I am not flexible.” What I have learned is that the flexibility required to practice yoga or to try any new activity is not physical but it is internal. It is the ability to let go of knowing how to do something and try something different which we may not do perfectly. As adults it becomes more and more difficult to take the risk to try something new. We know what we know and we like what we like, but take a moment and watch the children around us as they begin a new school year with excitement and perhaps some apprehension.

I am certainly guilty of being change-adverse but I try to remember how I felt at the cusp of a new school year ... a new notebook with those crisp, blank pages ready for something different and excited to learn something new, a new pair of sneakers ready to run, jump, and climb higher than ever before. Trying a new activity can spark an excitement in us. This fall, give yourself the opportunity



to try something different. It can be as simple as trying a new food or taking a walk down a different street in the neighborhood than the one on which you live ... the change of scenery can be stimulating too.

As for physical flexibility, that is something which changes constantly. Test your flexibility over the course of one week. Each morning, afternoon, and evening, try bending from your hips and just see where your hands are. They may reach your thighs, your shins, or the floor; it does not matter, it's just a chance for you to observe how your body changes each day. You may discover that you are more flexible than you think! If your hamstrings are tight or you would like to focus on stretching your shoulders and lower back, stand arms' distance from a wall. As you fold at the hips, walk your hands down the wall until your torso is parallel with the wall. Hold this pose as you breathe long and deep. Take five breaths and walk your hands back up the wall to standing.

—Natalie Arbuckle, www.novayogi.com



JEFFERSON MANOR'S REAL ESTATE MARKET REPORT FOR THE FALL OF 2012

Status	Address	BR	BA	List\$	Sold\$	Settled
Sold	2812 Jefferson	3	2	\$364900	\$359000	8/10/2012
Sold	5950 Williamsburg	2	2	\$345000	\$340000	8/08/2012
Sold	5919 Monticello	2	1	\$349000	\$349000	7/23/2012
Sold	2709 Albemarle	2	2	\$349000	\$349000	7/20/2012
Sold	5910 Edgehill Dr	3	2	\$375000	\$376000	7/16/2012
Sold	2855 Fairhaven	3	3	\$399900	\$400000	7/16/2012
Sold	2724 Fort Dr	3	2	\$392750	\$392750	7/10/2012
Sold	5926 Edgehill Dr	3	3	\$445000	\$435000	7/06/2012



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Email—realtor@crosslink.net

The Market & Interest Rates are Hot! Time to Move Up?

Information provided by area Metropolitan Regional Information Systems. It may contain sales not made by this Coldwell Banker agent or Coldwell Banker. Information deemed reliable, but not guaranteed.

National Night Out Cookout

What an amazing turnout at our annual National Night Out event. Over 200 people attended this year, our biggest turnout yet. It was so nice to see the community utilize our neighborhood park which provided a spacious area to come together and for the kids to run and play. It is exciting to see both new and long-term families of Jefferson Manor participating in strengthening our community.



This great event would not have gone off without the help of dedicated Neighborhood Watch committee members and volunteers: Jeff Brady, Becky Primeaux, Retha Sherrod, Derek and Michelle Oberg, Rick Jayroe, Mary Alyce Torpy, Ray Kelly, Aric Smarra, Carolina Avendano, Chris and Sally Freeman, Paul and Claire Knittle, and Steve Beheler. The funding for the National Night Out event comes from our own Jefferson Manor Community Association which provided all the food and drinks.

Our neighborhood Target store did an outstanding job in providing games, drinks, and the ever-popular ice cream. As usual, we had another great turnout from the Fairfax County officials and we want to thank them for showing their interest in our community. A special thank-you to Officer Kottemann, Mt. Vernon District Crime Prevention Officer, for his continued support and work to ensure our neighborhood is a safe place to live.

—Jeff Brady

Buy a Jefferson Manor T-Shirt

Want to show your pride in your community? Own your very own Jefferson Manor T-Shirt. Contact president@JeffersonManor.org, or purchase as the next JMCA event.

Shirts are \$15 each.



Visit the JMCA website at <http://www.jeffersonmanor.org> for a color version of this newsletter.



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A Message from Supervisor Jeff McKay

Many of us have spent far too much time stuck in traffic in the Telegraph/Van Dorn/South Kings Highway corridor. These intersections are among the worst in South County and until now, nothing VDOT tried could get traffic moving. (Multiple retiming of the traffic signals changed nothing and the police have been increasingly worried about safety.) The good news is that next year, a major road project will restructure these intersections so that they can better handle the volume of traffic. However, until then we still need to be able to move and so in early August—before the Labor Day rush—we instituted several measures that the police, VDOT, and I believe will help. Don't get me wrong—these won't magically turn the Telegraph Road corridor into a smooth flowing highway. However, these small tweaks will ease congestion until the major road construction project begins next spring. The \$10 million County project that I obtained will significantly improve traffic flow and safety, widen Telegraph Road from South Van Dorn Street to South Kings Highway, and include turn lanes, a sidewalk on the east side and a trail on the west, and a new entrance and parking lot for Huntley Meadows Park.

Doing nothing while waiting for this project was not an option, especially with the upcoming road construction. These small changes put in place in early August support longer green time on Telegraph Road and South Kings Highway and that there's already anecdotal evidence that traffic on Telegraph is moving more smoothly.

They include:

- ▶ Signs restricting left turns from southbound Telegraph Road to South Kings Highway during rush hours (6 a.m.–9 a.m. and 3 p.m.–7 p.m.)
- ▶ A longer turn lane from Telegraph Road to South Van Dorn Street
- ▶ Retimed signals at the Telegraph Road intersections with South Van Dorn Street and South Kings Highway

Additionally, VDOT, the police, and I believe that unblocking this section of Telegraph Road will also lessen the amount of cut through traffic in Virginia Hills as it will no longer be as advantageous to avoid Telegraph by taking side streets to avoid the choked intersections.

Trash on the Curbs

In the tight quarters of Jefferson Manor, small things can have a large impact. Piles of trash and yard debris left on the streets for weeks at a time present a health and crime hazard, as well as block the runoff of rain water. Trash cans stacked on the sidewalks impede pedestrians. With school back in session that means kids having to walk into the street to get by. Be neighborly, and be aware of the impact these items have on your community.

For further information, see the following:

County trash pick up regulations and special pick up information: <http://www.fairfaxcounty.gov/dpwes/trash/customer.htm>

County code violations: http://fido.fairfaxcounty.gov/DP1/Metroplex/FairfaxCounty/customerservice/wiz_csr.asp



Stay Up to Date with JMCA

Want to keep up to date with the latest JMCA news and goings-on? Join us on Yahoo Groups, Nextdoor.com, and Facebook!

Yahoo Groups: <http://groups.yahoo.com/group/jeffersonmanor>

Nextdoor.com: https://jeffersonmanorva.nextdoor.com/news_feed/

JMCA website: <http://www.jeffersonmanor.org/>

Facebook: search Facebook groups for Jefferson Manor Citizens Association

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Pricing per issue

full page: \$210

1/2 page: \$110

1/4 page: \$60

1/8 page: \$35

For information email
Newsletter@Jeffersonmanor.org.

Save the Date Jefferson Manor's Annual Halloween Party OCTOBER 27

Jefferson Manor's annual Halloween Party will be held on Saturday, October 27 at the Jefferson Manor park. Events will include a costume contest, games and treats for the kids, and a short parade to show off costumes. If you would like to help put this popular event together, please contact Maeve Ulrick (maezana@yahoo.com). More details forthcoming - watch the listserv!

JMCA Survey— Share Your Ideas!

The JMCA Board of Directors wants to know more about you. We have put together this survey to learn more about our community interests in what types of events and programs the community would like to see. Results from our survey will be used to improve communication between the leadership and community. We appreciate your assistance with the survey and look forward to your feedback.

Please visit the survey at <http://tinyurl.com/JMCASurvey> or use your smartphone to scan the code at right.



We are also looking for volunteers who are interested in planning, sponsoring, hosting or otherwise help with events. If you have ideas, or would like to volunteer for events, please contact the board at president@JeffersonManor.org.

—Robert Zimmerman



Jefferson Manor Citizens Association

Any residents of the Jefferson Manor subdivision over the age of 18 and non-resident owners of property in the Jefferson Manor subdivision are entitled to membership in the Jefferson Manor Citizens Association. Membership dues are \$20 per household (\$10 for seniors) per calendar year. Complete this application & mail with a check or money order to:

JMCA
P.O. Box 4104
Alexandria, VA 22303

Visit the JMCA website at
<http://www.jeffersonmanor.org>
for a color version of this newsletter.

2012 MEMBERSHIP APPLICATION

Renewal (\$20) New Member (\$20) Senior (\$10)

Name(s): _____

Address: _____

Email: _____

Phone: _____

I have included an additional \$ _____ as a donation to JMCA to help with the publication cost of Neighborhood News.

TOTAL ENCLOSED: \$ _____ Check/money order Cash

I am willing to help deliver newsletters (once every other month).

I am interested in the following:

- | | | |
|---------------------------------------------|------------------------------------------------|-----------------------------------------------------|
| <input type="checkbox"/> JMCA Website | <input type="checkbox"/> Social Committee | <input type="checkbox"/> Home Improvement Committee |
| <input type="checkbox"/> Green Committee | <input type="checkbox"/> Transportation issues | <input type="checkbox"/> Land Use issues |
| <input type="checkbox"/> Neighborhood Watch | <input type="checkbox"/> Newsletter | |

Other notes: