



NEXT GENERAL MEETING



Tuesday, May 21, 7:30 p.m.

Mount Eagle Elementary library

Topics: (1) Backyard Wildlife from the National Wildlife Federation and (2) Personal financial planning

JMCA EVENTS

**Tuesday, June 18:
General Board Meeting**

Open to the Public

Location details will be posted on the JMCA website

**Sunday, June 9:
Annual Home and Garden Tour**

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

It's a cool, sunny Sunday as I write this. Sitting on my porch with an old, graying dog and a cup of coffee, the sounds of a bustling neighborhood are everywhere. The laughter of neighbors talking over the fence, the hum of lawnmowers, and cars filled with garden supplies for the season's tomato plants are unmistakable. It's these little things that elevate Jefferson Manor above just another collection of houses.

With all of the For Sale signs and moving vans around this season, we say goodbye to friends and neighbors we have known for years. I wish them all the best in their future endeavours. The bright side is that every new member of our community is filled with potential to make our neighborhood that much better. If there is anything that I or the citizens association can do to ease your transition into the community, please drop me a line. Meeting people on my daily dog walks is one of the things that makes this job so rewarding.

With the change in seasons comes a chance for some sweat equity. Our Neighborhood Watch folks have put in more than their share this spring. Jeff Brady and a crew of over 30 spent a warm sunny Saturday morning cleaning up the streets and the weeds around the Manor. That same afternoon, Courtney Phillips and a dedicated band of volunteers helped to celebrate what makes our community great with a cookout in the park.

Lastly, our Land Use Task Force completed a multi-year effort to redefine the basics of what redevelopment may one day happen at our strip mall. While it will be years before a shovel is put in the ground, the work of Craig Mehall, chair of the task force, and our merry band of amateur land planners will go quite a ways toward ensuring the neighborhood's vision and priorities are realized over the long term. In the short run, our work has strengthened our relationship with the owners of the strip mall. They continue to work on putting new and exciting tenants, including Viola Bakery which should be opening soon.

Now that your neighbors have worked hard to put a polish on our neighborhood, it takes everyone to keep it that way. Never underestimate what 15 minutes of work can do. A little neighborliness goes a very long way.

Best wishes,

Chris Soule

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

Annual Jefferson Manor Home and Garden Tour



The JMCA is preparing for our 7th annual Home and Garden Tour to be held on June 9 from 1 p.m. to 4 p.m. Our neighborhood was built almost 65 years ago and at that time all the houses were pretty much the same with few exceptions. Fast forward six decades later and families have crafted each of these houses with their own custom additions and changes. Join us to explore our neighborhood, get out and see what unique improvements neighbors have done to their houses, get ideas for your own house, see private gardens that are hidden away in backyards, meet your neighbors, and enjoy an afternoon walking through the neighborhood.

We are looking for volunteers as well for the tour to show your home and/or garden. Featured homes can be single spaces within the home, the entire home, the exterior, the gardens, etc. Please contact Brian Allen at 703-868-0025 or by email at ballen@voa.com to become part of the tour.

—Brian Allen

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

(4/2013–3/2014)

Chris Soule, President
 President@JeffersonManor.org

Julie Upham, Vice President
 VP@JeffersonManor.org

Maeve Ulrick, Co-Treasurer
 Treasurer@JeffersonManor.org

Shawn Ulrick, Co-Treasurer
 Treasurer@JeffersonManor.org

Amanda Allen, Secretary
 Secretary@JeffersonManor.org

Brian Allen, Director

Ashley Davis, Director

Kat Sumida, Director

Dave Wiegold, Director

Roberta Zimmerman, Director

JMCA Activities

Neighborhood Watch
 jmnw2012@yahoo

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

Jefferson Manor Spring Clean-up

Jefferson Manor community, WOW! A big thank you to the residents that came out this past weekend for the neighborhood Spring Clean-up. As you can see driving through the neighborhood, Jefferson Manor is ready for



Spring. On Saturday, we edged the sidewalks, curbs and overgrown grass in six areas of the neighborhood that needed special attention. There was so much dirt in the street gutters that we had to use trash cans as wheelbarrows and ended up removing four full cans of dirt from all the streets. On Sunday, we spent 5 hours tackling North Kings Highway between Fort and Fairhaven. We did major edging and cleaning of the

curbs and sidewalks. After all this work, Jefferson Manor looks great from all points. Please, if you helped in either clean up, give yourself a pat on the back. This was no small task. Also, for those that help daily, weekly or even once a month, you too need a big pat on the back. Without everyone's help, our community would not look this good.

Within the Neighborhood Watch Committee, we talk about one of the most influential ideas about crime prevention, something called the "broken windows theory." According to this theory, small acts of deviance—littering, graffiti, broken windows—will, if ignored, escalate into more serious crime. Cleanliness and tidiness have been shown to promote legal and moral action, while a messy environment appears to do the opposite. With that being said, if you see an area in Jefferson Manor that might need some attention, please contact your Neighborhood Watch Committee by email at *jmnw2012@yahoo.com*. We will work with you to organize a group to clean up the area or refer you to the appropriate County office.



Spring and summer time are upon us and we all have family and friends

visiting the Manor. Your commitment to a clean neighborhood appearance will help make our community a place that people want to visit and live. It takes community togetherness to make things work. Once again, great job this weekend Jefferson Manor!

Jeff Brady

Jefferson Manor Neighborhood Watch

***National Night Out*

*Tuesday, August 6, 2013***

Working the "broken windows theory"

jmnw2012@yahoo.com

JMCA Neighborhood News 2013 Advertising Rates

Pricing per issue
 full page: \$210
 1/2 page: \$110
 1/4 page: \$60
 1/8 page: \$35

For information email
Newsletter@Jeffersonmanor.org.

Spring Picnic

“A good neighbor is a found treasure” are the words of an old Chinese Proverb. Both brand-new neighbors, and those that have lived in the Manor for quite some time, were reminded of the treasures within our community as we spent time together on April 27 enjoying the beautiful Spring weather as we picnicked. A special thanks to Kristin Russo Sharif, Jeff Brady, Becky Primeaux, George Criswell, Julie Sibbing and Julie Upham for all your help with the planning and execution of the picnic! Our wonderful evening would not have been possible without your team work. Thanks as well to the Davis family for creating signage about our event.



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Stay Up to Date with JMCA

- ▶ Yahoo Groups: <http://groups.yahoo.com/group>. This listserv is used to disseminate information to the community.
- ▶ Nextdoor.com: https://jeffersonmanorva.nextdoor.com/news_feed/
- ▶ JMCA website: <http://www.jeffersonmanor.org/>
You can find updates on upcoming neighborhood events and news on this site, as well as a color version of this newsletter in PDF.

Tips from “Small House Big Ideas”

Since we moved into our 900-plus square-foot home in 2004, our family has doubled in size. We moved as two, and now we have two boys—ages 7 and 3. We also now have many, MANY more things than we would have ever anticipated having. Just as many of you, we have had to make home adjustments and decisions on how to make the most of our limited space without compromising comfort, personal needs, personal style, or taste. We have revolutionized our small home into a more spacious and gracious space in three important ways:

Make a “room” out of your yard

One simple way to make your home more spacious is to make your back, side, or front yard comfortable and usable. Create and define areas outside just as you would inside. Examples of this include a flat area for playing that will allow kids to run and play, a shaded spot for a small table and chairs for dining outside, and a small paved or brick patio with outdoor furniture for lounging. You can start small. Making your yard a space that can be useful (almost) all year long, especially if you have children, is an investment that will pay off in a small house.

Dedicate a closet only for toys (or for whatever you have most!)

One of the biggest challenges of living in a small house with children is to keep toys under control. As much as we would like to keep the numbers low, incoming toys from the holidays, birthdays, and grandparents are a fact of life. One idea to keep the home clear of clutter is to dedicate a closet just for toys. If

you don’t have one, make one by buying a tall cabinet (check IKEA) or installing shelves around a corner. Alternatively, do what I did! I cleared a small closet under our basement staircase and installed wall-mounted, adjustable, wire shelving (bought at the hardware store) and viola—we had a toy closet! This closet has helped tremendously.

Benches work wonders

One of the best decisions I have made to maximize seating in my small 8x8-foot dining room is to use a bench in place of chairs. Not only does a bench take up less space than a chair or two, it is also low and has no back, which makes your space feel larger and less crowded.

Carla Murillo-Gonzalez, president and founder of Small House Big Ideas (SHBI) — www.smallhousebigideas.com. Architect and Space Planner professional. Jefferson Manor neighbor.

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.



Back to Basics

There is a saying in yoga, “you are as young as your spine is flexible” and I relearn this each year as summer sets in and I engage in activities such as gardening or softball which I have not done since last summer ... and if I have not warmed up, my back lets me know about it the following day. Taking the time to loosen your spine before having fun and resting your spine at the end of the day can help ease lower back pain. Use Cat/Cow to warm up your spine and Legs Up Against the Wall to rest your back and legs.

Cat/Cow

Begin on all fours with hands under shoulders, knees under hips

As you inhale, release your belly to the floor; your tailbone, head and chest will rise towards the ceiling

As you exhale, pull your belly to your spine, spine to the ceiling, your tailbone, head and chest will release to the floor

Repeat 10 times

Practicing with Your Infant: Place the child under you so you are facing one another. Moo as you inhale into cow and

Meow as you exhale into cat.

Expecting: Perform only Cat pose holding the pose for 10 breaths. Release into the starting position. Repeat 3 times.

Legs Up Against the Wall

Sit with your left side about an inch from the wall

Swing your legs left and up against the wall as you slide your back to the right and lie on the floor.

Breathe deeply allowing your lower back and hamstrings to release.

Hold for up to 20 minutes.

To come out of the pose, inhale knees into your chest, roll to the right and gently place your hands on the floor to help you pull up to seated.

If your hamstrings are extremely tight, use a couch or chair instead of a wall, bending knees at a 90 degree angle to focus on lower back. Hold the pose while breathing long and deep for 20 minutes and then try against the wall.

—Natalie Arbuckle, www.novayogi.com



JEFFERSON MANOR'S REAL ESTATE MARKET REPORT FOR THE SPRING OF 2013

Status	Address	BR	BA	List\$	Sold\$	Settled
*Sold	6017 Monticello	2	1	\$365000	\$365500	4/26/2013
*Sold	5911 Monticello	2	2	\$377000	\$377000	4/19/2013
Sold	2721 Fairhaven	2	1	\$350000	\$352000	4/5/2013
*Sold	2709 Fairhaven	2	2	\$382900	\$392000	4/5/2013
Sold	2711 Albemarle	2	2	\$375000	\$375000	2/27/2013
*Sold	2707 Fairhaven	2	1	\$342000	\$338000	12/21/2012
Sold	2810 Farmington	2	2	\$389000	\$380000	12/7/2012
*Sold	6001 Williamsburg	2	1	\$339500	\$338500	11/16/2012



Tom Rickert is the resident Jefferson Manor Specialist with 16 plus years and over 169 sales & rental transactions in Jeff Manor!

Phone—703-447-7901

Email—realtor@crosslink.net

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. *Tom's sales.

Thinking of Selling, Buying? In any real estate market, going with the Local expert is always a good idea. Now offering property management & tenant screening services.

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Board of Supervisors approves JMCA Comprehensive Plan Amendment

The JMCA resolved a long-standing item on April 9. After three years of work with county planners and the property owners, the Fairfax county Board of Supervisors approved the changes to the comprehensive plan that JMCA had recommended. This process involved countless public meetings with the Jefferson Manor community, plus hours in discussion with the owners of the Jefferson Garden apartments and Huntington Station strip mall. While no redevelopment is currently planned, it is hoped that this will create an incentive down the road, and save time once the owners decide to move forward.

A special thanks to the JMCA land use task force. This was made up of current president Chris Soule, past JMCA presidents Tim Norris and Tom Rickert, Dave Wiegold, Rory Sheehan and Michael Seavey. An extra tip of the cap to the chair of the group, Craig Mehall, who was responsible for organizing and steering the process to a successful conclusion.

Parking in Jefferson Manor

Given the age of our neighborhood and quirks of the street design, on street parking in Jefferson Manor can be a challenge. A little patience and being neighborly can go a long way. A few items to remember:

- All on street parking is public. Our streets are owned by VDOT, and residents have no specific right to park in front of their house
- While the county lists a restrict of parking within ten feet of a driveway (http://www.fairfaxcounty.gov/fcdot/parking_restrictions.htm), this is not enforced in the neighborhood. This is due to the configuration of the streets and houses.
- The streets are part of the county residential parking permit program. Hours and parking districts are signed on all of the streets. All vehicles that meet the county registration requirements are eligible for a permit. There is no limit on permits per household.
- Visitor passes being used as a substitute for permanent passes is a violation. You are subject to a fine and loss of the visitor pass. Two visitor passes per household. For further information on the RPPD, see <http://www.fairfaxcounty.gov/fcdot/rppd.htm>.
- The JMCA does not involve itself in parking disputes between members of the community. Be gracious and be neighborly.



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.

2013 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:

- JMCA Website Social Committee Home Improvement Committee
 Green Committee Transportation issues Land Use issues
 Neighborhood Watch Newsletter

Other notes: