



NEXT GENERAL MEETING



**Tuesday, January 21,
7:30 p.m.**

Mount Eagle Elementary

Speakers: Representatives from Combined Properties will present their plans for development of the Penn Daw area.

JMCA EVENTS

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

Open to the Public

Mt. Eagle Elementary cafeteria

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/

Twitter: @JMCA22303

President's Letter

Happy New Year everyone.

In the imagination of a hockey player, there is nothing better than a fresh sheet of ice. Clean, unmarked by skates, it speaks to limitless potential stretching out before the player. As the new year starts, that is exactly what we are looking at.

Over the past two years, we have succeeded at wrapping up several long-term projects. The median strip on North Kings Highway and the speed humps in the community help with traffic calming. The work redefining future redevelopment of the strip mall was completed, and will continue to pay dividends for us for years to come.

In the first few months of this year, we will complete another long-standing community goal thanks to the grant money the JMCA won in 2013. We will installing a welcome sign on the island on Fort Drive, as well as landscaping this central plot of land. We are finalizing the details with VDOT. Keep an eye out for details as we get ready to put shovels in the ground for this.

None of these accomplishments happen on their own. They come from the dedicated work of our JMCA Board, and supported by your time and membership dues. The larger our membership base, the more freedom

we have to pursue our community building efforts. At \$20 for a household, it is a small investment in your community.

Up the street, we see a significant change coming to the Penn Daw area. Combined Properties is proposing a mixed use development, with the hopes of a grocer as the anchor retailer. We have invited their representatives to present their plan for this spot at our January meeting.

Finally, in December, I had the pleasure of being master of ceremony at the Lee District Association of Civic Organizations (LDACO) holiday banquet. I had the opportunity not only to present Officer Greg Kottemann with the organization's service award, but to break bread with Rev. Keary Concannon of Rising Hope. Over dinner, we spoke at length about those still in need in our part of the county. My goal for the year is to find a way to connect Jefferson Manor—a community full of the Haves—with those organizations that try make life better for those on the lowest rungs of the ladder.

There is much to do, and our only limitation is your efforts and imagination. Let's get to work.

Chris Soule

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

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Pricing per issue

full page: \$210

1/2 page: \$110

1/4 page: \$60

1/8 page: \$35

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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.com

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

JMCA's Annual Holiday Pot Luck

This year's holiday party was a great time! As a neighborhood we had the opportunity to show off our culinary skills, celebrate new neighbors and recognize the pillars of our community that year after year have made the Manor a special place to call home. We owe our gratitude to many folks for making the evening a success. We'd like to especially thank those that stepped up to set up, decorate, and clean up post party. Below are a few images of the fun that was had by all.

We look forward to many more social events as a neighborhood in 2014!



Release Tension in Your Shoulders

One of the most common requests I have had in yoga classes is for exercises which target tight shoulders. If you find that you spend hours hunched over a computer or that you are often carrying heavy items like a laptop to the metro or perhaps lifting your child, then this simple Kundalini yoga exercise can help you release that built-up tension. It also opens the upper chest allowing us to breathe more deeply. The deeper we are able to breathe, the more easily we can let go of stress in the body. Try this exercise twice a day, once in the morning and once in the evening, beginning with 30 seconds working up to 3 minutes each time you practice.

Sit on the floor in a cross-legged position or in an armless straightback chair with feet firmly planted on the floor. Extend your arms out to your side and ensure that you aren't touching anything. Close your eyes and bring your focus to your third eye (point where your eyebrows would meet). Roll your shoulders down your back. Begin to make big backwards circles with your arms. Move as rapidly as you can. When you finish, shake your arms out and smile!

Practicing with your little one? This exercise is perfect for children who carry heavy backpacks! Stand opposite one another and have fun moving your arms so quickly that you feel as though you are about to take flight. Go ahead and giggle! In Kundalini yoga we say we should breathe, sweat, and laugh everyday.

Practicing with your infant? Lay your child on their back with their feet in your lap. Open your eyes and smile at your child as you circle your arms.

—Natalie Arbuckle

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Words matter! Make sure you get your words worth!



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Tips for Preparing Your Home to Sell

- **Make small fixes.**

Look at your home from a buyer's perspective and correct the flaws that are most obvious or can be easily fixed. For example, repairing cracks in the drywall, repainting dingy walls, and re-caulking bathroom fixtures.

- **Clean and declutter.**

First impressions are most important. Clean the floors, windows and appliances. Clear out excess furniture, knickknacks, and "stuff"—toss it, donate it or put it into storage so the house seems more spacious and buyers can imagine themselves in it.

- **Outside Side Maintenance**

Curb appeal is a must. Mow your lawn, trim the shrubs and weed the flowerbeds.

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Join the Newsletter Assembly Team!

JMCA Neighborhood News is looking for a new editor-in-chief to put the newsletter together 6 times a year—or a team of people who would like to create the newsletter together.

The editor lays out the issue using provided content and works with advertisers.

If interested, please contact newsletter@jeffersonmanor.org.



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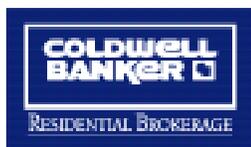
Out with the Old and In with the New. I look forward to welcoming in 2014! Much has occurred this past year with real estate & the economy all too often being the subject of the news. We are fortunate that our local real estate markets continue to improve at a better rate than the national trends reported in the media. Interest rates remain relatively low, and I continue to work with a positive attitude, knowing full well that buying, selling, and renting have picked back up during this past year.

As one of the Northern Virginia area's top Real Estate Agents, I am pleased to report that I was, this year, inducted into the NVAR Lifetime Top Producers Club with over 6 million \$ in sales volume again this year. I successfully helped 24 individual parties with buying, selling, or renting properties near Huntington Metro during 2013. I offer complete sales & rental services including effective advertising, tenant background checks, property management, and confidential/professional Short Sale counseling and bank workout sales services.

With my "complete marketing" program, I help homeowners with services from soliciting contractor bids & supervising contract work, to interacting with and counseling tenants as to their rights and or obligations. Many of my customers tell me that these services help to eliminate the headaches of getting your property ready to rent or sell.

As a resident near living near Huntington Metro for over 20 years, I have owned, renovated and personally traded in 7 Huntington Metro properties, in 5 different communities. I have served as President of my neighborhoods Citizens Association, and continue serving on the Lee District Land Use Committee for my neighborhood. In fact, I have successfully sold & rented more properties near Huntington Metro than any other real estate agent in Northern Virginia. To date, I have over 220 satisfied Buyers, Sellers, Landlords, and/or Tenants near Huntington Metro alone. If you want the local expert working with you, please remember to contact me when it's time to buy, sell, or rent.

Contact me for a free, confidential, no obligation consultation.



Alexandria Office
310 King Street, Alexandria, Virginia 22314

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Wishing You All The Best in 2014,
Tom Rickert

JMCA 2013 Budget Update

Here's a look at 2013 JMCA membership and finances:

In 2013 we had 96 member households. This is an improvement over the 73 we had in 2012, but still falls short of our previous high water mark. Despite this, the largest source of JMCA funds was from membership dues and donations, thanks to several exceptionally generous donations. (Multiple kind folks wrote us checks for \$50 or \$100.) To encourage further large donations, we now have a recognition program in place: Anyone who writes JMCA a check for \$75 or more will receive a personal letter of thanks from the JMCA president, plus a free gift from the JMCA catalog.

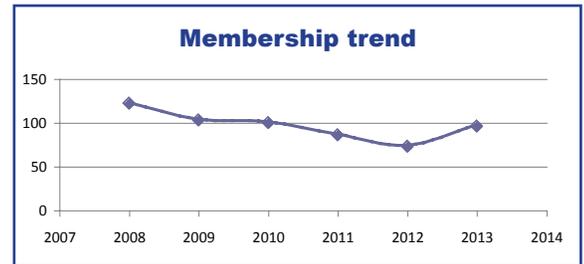
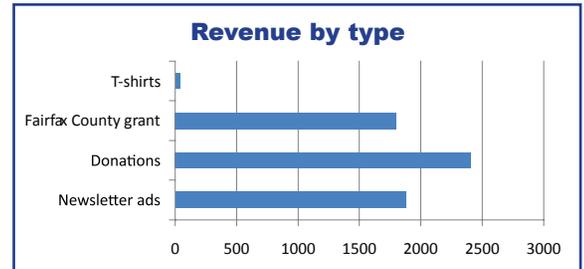
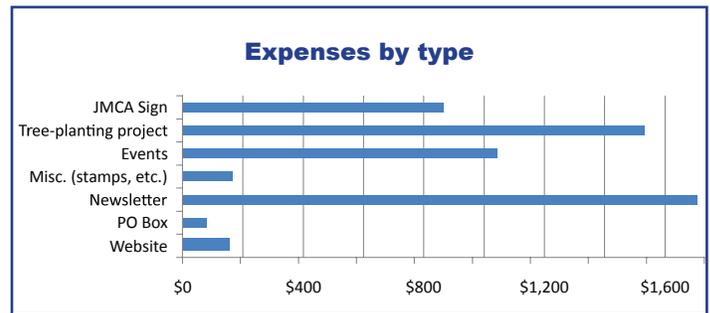
A major source of 2013 funds came via a grant from Fairfax County. Thanks to board member Kat Sumida for his hard work in obtaining this \$1,800. With the grant money came my favorite JMCA program of all time. Thanks (once again) to the hard work by Kat, JMCA sponsored a tree-planting program, to beautify Jefferson Manor. While not cheap (\$1532), thanks to our healthy bank balance and the grant money, we easily afforded it. (Residents partaking in the program paid \$30 per tree, in addition to JMCA's \$1532 share.)

We also made a down payment on a Jefferson Manor sign. When completed, it will advertise neighborhood pride to passersby. Thanks to Dave Wiegold and Brian Allen for taking the lead on this project.

Fortunately, despite the low membership rolls, we finished 2013 with a little more money in the bank than we started—even after paying for the tree-planting program and expanding our social events. We are very fortunate to have a solid bank balance, but this financial health depends on you. Please renew your membership today!

More important than money is time. Please volunteer for JMCA. Step forward and arrange an activity. Help maintain our website. Even simpler: Attend our meetings.

—Shawn Ulrick, JMCA Treasurer



2012 Total Revenues: \$3615.03
 2012 Total Expenses: \$3200.53
 2012 End-of-Year Balance: \$7445.17
 2013 Total Revenues: \$6680.00
 2013 Total Expenses: \$6132.91
 2013 End-of-Year Balance: \$8,184.31

2008 Membership: 122 Households
 2009 Membership: 103 Households
 2010 Membership: 100 Households
 2011 Membership: 86 Households
 2012 Membership: 73 Households
 2013 Membership: 96 Households!!



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.

2014 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