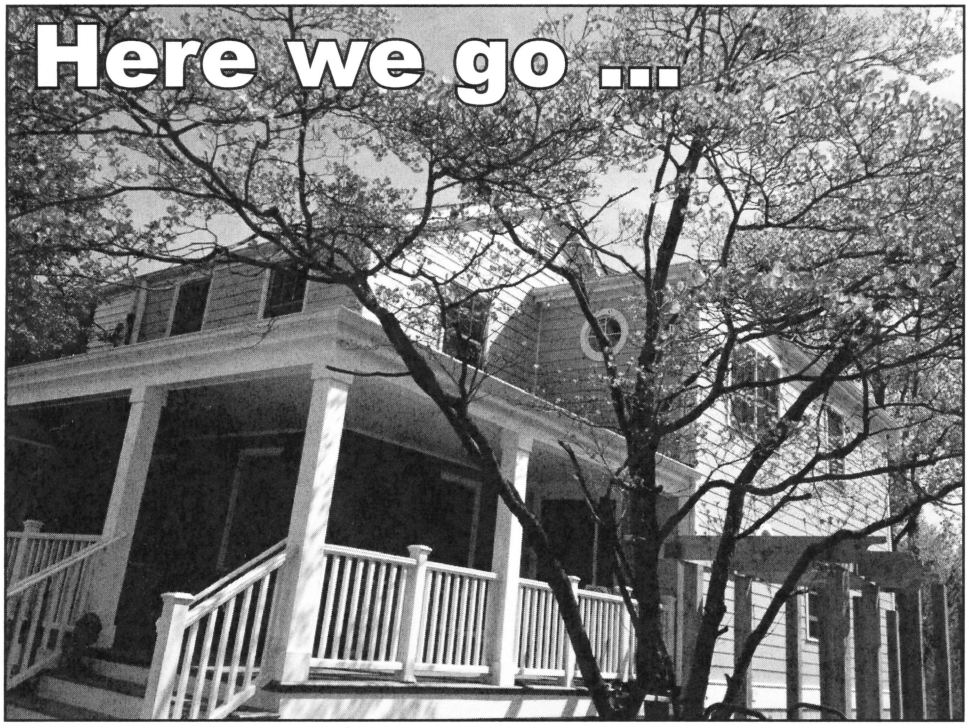
Jefferson Manor Citizens Association

NEIGHBORHOOD NEWS

May–June 2014 JMCA, P.O. Box 4104, Alexandria, VA 22303 • www.JeffersonManor.org



It's Time for the Al and Sandy Snyder Home and Garden Tour!

By Ashley Davis

On Saturday June 14, The Jefferson Manor Citizens Association will be hosting the 9th annual Home and Garden tour. This year, it has been renamed the "Al and Sandy Snyder Home and Garden Tour," in honor of two long-time Manor residents.

When the Snyders first moved into the neighborhood at its inception, our homes were identical to one another. For more than six decades they watched as Jefferson Manor went through many changes, always doing their best to promote the things we associate with Jefferson Manor today – community pride, community spirit, and neighborliness.

After 67 years, it is difficult to find two houses that are alike. Residents have added on, enclosed, torn down walls, re-configured rooms, gutted, restored and renovated. This is a great opportunity to see how unique our homes really are once you step through the front door, get ideas for your own renovations, or just meet neighbors. Walking tour maps with descriptions of the homes and gardens will be distributed starting at noon in front of 2803 Fairhaven Ave.

HOMES AND GARDENS NEEDED: Have you recently renovated, are you in the middle of adding on, do you have an eye for garden design, or do you have an amazing vegetable garden? Please consider opening up your home, a portion of your home, or your garden to neighbors on June 14. Please contact me, if you are willing to include your home or garden. Ashley Davis, avdavis13@yahoo.com.

NEXT GENERAL MEETING

Tuesday, May 20, 7:30 p.m.

Mount Eagle Elementary library

It's public safety night for JMCA. Join us in welcoming back Ofc. Kottemann from the FCPD to catch up the latest in our area. Bring your questions and concerns. Home safety? Traffic? All fair game. Neighborhood Watch captain Jeff Brady will also discuss our ongoing projects.

LOCAL EVENTS CALENDAR

Courtesy, VisitAlexandria.com

Saturday, June 14, 2 - 8 p.m.

Volunteer Alexandria's Old Town Arts & Crafts Fair - Add a unique piece to your collection, find selections for Father's Day & creative hostess gifts for your summer travels, and enjoy a variety of entertainment.

Location: Market Square, 301 King Street

Admission: Free.

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JEFFERSON MANOR est. 1947

See what's inside...

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¿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
(4/2014–3/2015)

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

Luis Delgadillo, Secretary
Secretary@JeffersonManor.org

Ashley Davis, Director

Craig Mehall, Director

Jason Stern, Director

Kat Sumida, Director

David Wiegold, 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

Luis Delgadillo, editor-in-chief
Kelly Marshall, distribution

President's Letter

Spring has finally arrived in full force in Jefferson Manor. As with most springs, it is a time of rebirth and renewal. We welcome in new residents, and say farewell to old friends who are moving on to other opportunities. For the JMCA it is time to take stock of what we have accomplished, and where we want to be moving forward.

> **"To whom it may concern: It is springtime. It is late afternoon.**
>
> **-Kurt Vonnegut"**

Our mid-range to-do list has been slowly whittled down, with another item ready to be checked off the list. On May 17th we will unveil our community welcome sign on the Fort Dr. island. This is the culmination of hours of sweat equity, paper work, and a healthy dose of cajoling. This has been a priority for the community for the past five years, and it's thrilling to see it come to a successful close. The unveiling will be a celebratory end to this year's community cleanup efforts, which will again be spearheaded by Jeff Brady and his Neighborhood Watch team.

If that's not enough, we have two fantastic social events set for June, with our annual picnic (catered by Red Hot and Blue this year) and the Al and Sandy Snyder Home and Garden tour. Both events need your help to be a success for us all.

Also on deck for spring cleaning is the JMCA as a whole. With several new board members, we are taking 2014 to take a step back and reflect on how the association fits into the community as a whole. At our last meeting, we discussed our strengths and where we could better focus to provide value to our residents. There is tremendous energy in the group, and it is an exciting time to be at the tip of the spear for the issues that have great importance to us.

One change you will see immediately is in the newsletter. Kristina Mann has been editing the newsletter now for seven years, and over forty editions. It is a difficult and thankless job done out of the public eye. For everyone who enjoys having a regularly scheduled update on the community, her work has been priceless.

Thanks to new JMCA Board member Luis Delgadillo for taking over.

Our ability to truly serve and provide for Jefferson Manor ultimately comes down to a partnership with our residents. The JMCA Board has it's eyes and ears wide open, ready to put into action the neighborhood's vision. Please do not hesitate to join us, with your ideas, your voices and your time.

Chris Soule
President,
Jefferson Manor Citizens Association
president@jeffersonmanor.org

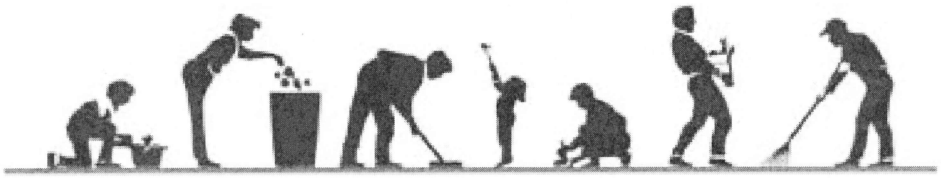
JMCA Neighborhood News 2014 Advertising Rates

Pricing per issue

Full page: $210
1/2 page: $110
1/4 page: $60
1/8 page: $35

For information write to:
Newsletter@
Jeffersonmanor.org

The JMCA does not endorse or verify the quality of service provided by advertisers in this newsletter.



JMCA takes a block by block approach to Spring cleaning

By Jeff Brady

Jefferson Manor residents, it's time to get out and clean our community. This year the annual spring clean up is set for Saturday May 17, 2014, from 9 a.m. to noon. We will have a tent set up with supplies and refreshment at the island at Fort Drive and Monticello.

We are organizing this differently from previous years. This year, we are asking residents on each block to coordinate with each other and attend to your own block. The focus will be sweeping up the left over sand from the snowstorms, picking up trash and edging the overgrown sidewalks. This is the perfect opportunity to meet your neighbors. Who is going to have the tidiest block in the manor? YOU! Go knock on your neighbor's door and invite them out to lend a hand in helping each other. If you know of a common area in the neighborhood that is in need of attention, please email the Neighborhood Watch committee at jmnw2012@yahoo.com and we will help you coordinate a special clean up day.

This year we have a special treat to cap off the clean up. At noon, come to the island at Fort Drive and Monticello for the official ceremony of the Jefferson Manor sign unveiling and ground breaking. Bring any gardening tools you might have and help prepare the ground surrounding the new neighborhood sign!

Jefferson Manor Neighborhood Watch

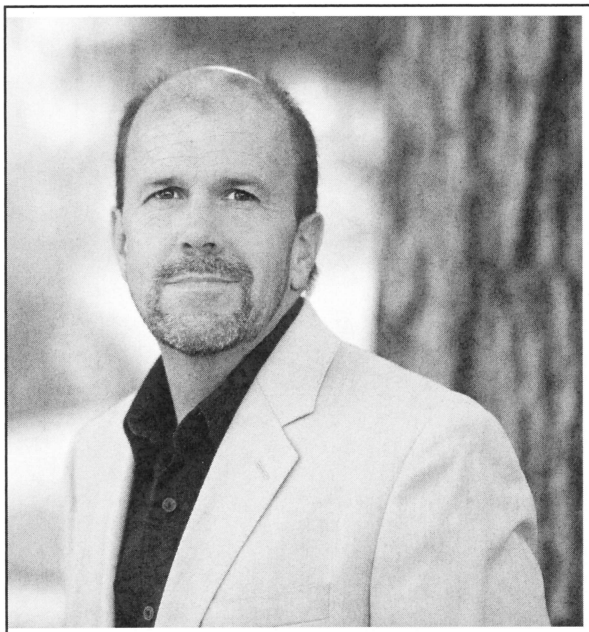
Dog Walker Watch (DWW). is a crime awareness program that encourages dog walkers to serve as extra eyes and ears for the neighborhood. There are many dog walkers throughout the community who are often preoccupied with texting, chatting, emailing, and phone calls during their neighborhood walks. Instead, DWW encourages these individuals to observe and report criminal activity to the local law enforcement.

So come to the meeting and share your thoughts and ideas on how this program could work in our community.

Jeff Brady,

JMCA Neighborhood Watch

Email: JMNW2012@yahoo.com



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Stay Up to Date with JMCA

Want to keep up to date with the latest JMCA news, goings' on, or want to let your neighbors get first dibs on that item your selling before it hits Craigslist? Join us at Yahoo Groups, Nextdoor.com, Facebook and on Twitter!

Twitter:
By following @JMCA22303 you'll gain access to some of the twitter feeds of news sites and organizations that are important to Jefferson Manor residents.

Yahoo Groups:
groups.yahoo.com/group.
Search Jefferson Manor, this listserv is used to disseminate information to the community.

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

JMCA website:
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.

Facebook:
Visit JMCA's Fan page. Simply search Facebook groups for Jefferson Manor Citizens Association.

Jefferson Manor's New Welcome Sign

Throughout 2013 and early 2014 the JMCA Board has been working on the "Jefferson Manor Citizens Association Neighborhood Improvement Project"

This project was partially funded by a grant from Fairfax County's Neighborhood Enhancement Partnership Program.

The final leg of this project is a neighborhood welcome sign. The JMCA Board worked to design and produce a neighborhood sign and a brick wall to display it. The sign will be installed on the triangle-island median at the corner of Monticello and Fort Dr.

Construction began on Monday, May 5th and is scheduled to be finished by May 9th.

There will be an official unveiling ceremony on Saturday, May 17th. Directly following the Neighborhood Spring Clean Up. Please come out and celebrate with the people who made this happen.

COLDWELL BANKER
RESIDENTIAL BROKERAGE

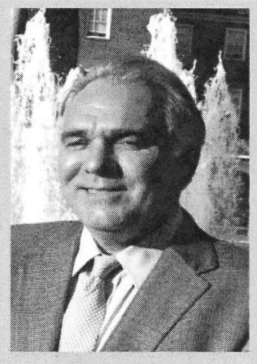
JEFFERSON MANOR'S REAL ESTATE MARKET REPORT FOR THE WINTER OF 2014

Status	Address	BR	BA	List$	Sold$	Settled
Sold	5853 Edgehill	2	1	$299000	$310000	2/28/2014
Sold	2703 Farmington	2	2	$400000	$395000	2/26/2014
Sold*	5929 Monticello	2	2	$365000	$368000	2/20/2014
Sold	5802 Edgehill	2	1	$370000	$361000	2/20/2014
Sold*	2712 Farnsworth	2	2	$389900	$375000	2/10/2014
Sold	5819 Edgehill	2	2	$410000	$419000	2/ 7 /2014
Sold	5926 Monticello	2	1	$373000	$365000	2/ 6/ 2014

If you have been thinking of selling, now is the time!

Inventory is low & demand is high. Get top dollar now!

Information provided by our 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.



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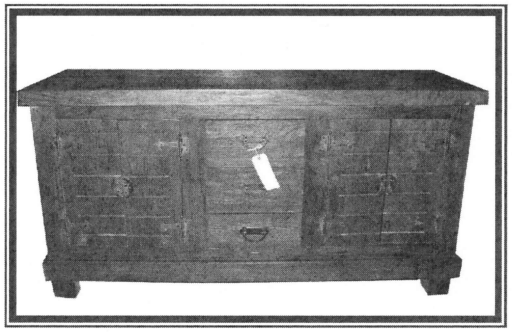

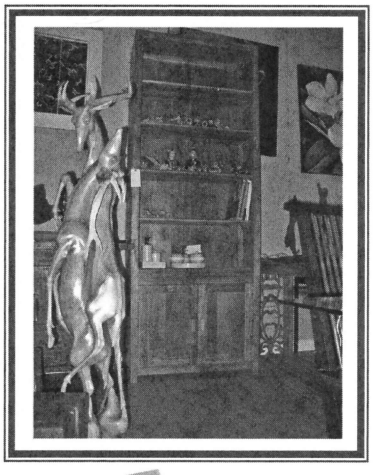

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Rise and Shine

A full body stretch can do wonders for the body, mind

By Natalie Arbuckle

Bending forward and stretching overhead while stretching the hamstrings and the back can help to wake up the body. Raising your arms overhead adds a gentle arm stretch as well. You may or may not touch your toes as you bend forward, how far you reach does not matter, what can make a difference is doing the stretch gently and consistently. If you practice consistently, you may notice your flexibility improving. You may also notice that stretching at different times of day highlights how your flexibility changes throughout the day.

Stand with your feet firmly planted on the ground, arms relaxed along the side of your body or in prayer pose at your heart center. Keeping your knees bent and your arms in line with your shoulders, raise your arms overhead as you gently lift your neck and gaze towards the sky. Take a breath here and as you exhale, sweep your arms and back forward letting your arms and head hang loosely. Feel free to keep your knees bent or straighten your legs. If your lower back or hamstrings are tight, maintain the bend in your knees. Shaking your head yes and no to release tension in the neck. As you inhale rise up through the starting position and raise your arms overhead. Repeat 5 times. Come back to the starting position and take 5 deep breaths.

Practicing with your little one? The child's rhyme, head, shoulders, knees, and toes is a great way to stretch the whole body with a song. Stand opposite one another and sing the rhyme as you go through the motions in the song. Repeat 5 times.

Practicing with your infant? Sing head, shoulders knees, and toes as you point to the parts of their body. If you'd like to practice, place your child between your feet on their back as you perform the stretches. Tickle your little one's belly as you bend forward!

Local Farmers Markets – Summer 2014

Alexandria City Farmers Market

301 King Street, Market Square

Saturday, 5:30-10:30 a.m.

Del Ray Farmers Market

Corner of East Oxford & Mount Vernon Avenues

Saturdays, 8 a.m. - Noon, through the first Saturday in December

Four Mile Run Farmers & Artisans Market

Four Mile Run Park

4109 Mt. Vernon Avenue

Sundays, 8 a.m.-1 p.m., April - October

West End Farmers Market

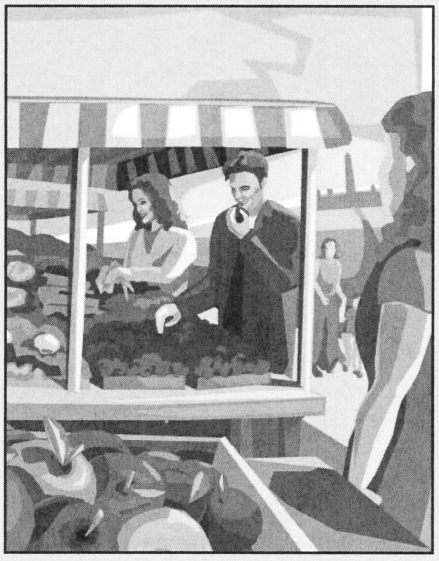
Ben Brenman Park, 4800 Brenman Park Drive Sundays, 9 a.m. - 1 p.m.

Kingstowne Farmers Market

Kingstowne Town Center

(703) 642-0128 May-October

Friday, 4-7 p.m.



Mount Vernon Farmers Market

2501 Sherwood Hall Lane

Sherwood Regional Library, Mount Vernon,

(703) 941-7987 May-November

Wednesday, 8 a.m.-noon

***Events* from front page**

Father's Day Open House at Friendship Firehouse Museum - The Friendship Firehouse Museum is free for fathers and their families on Father's Day.

Sunday, June 15, 2014

Times: From: 1 - 4:00 p.m.

Venue: Friendship Firehouse, 107 S. Alfred Street

Admission: Free

Alexandria's Food and Wine Festival - It is an annual signature event that transforms the Carlyle District into a lively festival, complete with live entertainment, a children's corner, and food and wine tasting.

Saturday, June 21, 2014

Times: 12 - 5 p.m.

Location: John Carlyle Square, 300 John Carlyle Street

Admission: Free (Tickets are needed for food and wine samples)

Website: alexandriafoodandwine.com

Cinema Del Ray - Community Family movie night held on Mt. Vernon Recreation Center Field with food and beverage sales.

Dates: Saturdays, June 21, July 19, August 16, and September 20.

Time: 7:30 - 10 p.m.

Location: Mount Vernon Recreation Center, 2701 Commonwealth Ave.

USA/Alexandria Birthday Celebration - Visitors celebrate America's birthday along the Potomac waterfront at Oronoco Bay Park and enjoy live music by the Alexandria Symphony Orchestra, patriotic birthday cake, food vendors and a dazzling fireworks display.

July 12, 2014

Times: From: 7:30 PM to 10:00 PM

Location: Oronoco Bay Park, 100 Madison St.

Admission: Free

JMCA Ideas and Volunteers Needed for Fairfax County Grant

In 2013, JMCA applied for and received grant funding for three projects that greatly improved our neighborhood. Some of you participated in our tree planting project and neighborhood clean-up, both of which were financed through matching funding from the County. In addition, construction of our JMCA sign on Fort Drive is scheduled for completion on May 17th.

The County is again seeking proposals for funding for the 2015 fiscal year. The program allows JMCA the opportunity to enhance the quality of life in Jefferson Manor by supporting projects and initiatives that:

1. Promote healthier, safer and cleaner neighborhoods.

2. Enhance neighborhood appearance.

3. Encourage or create a culture of engagement, including facilitating communication and connections in neighborhoods between individuals, youth and families.

4. Build or nurture community leadership within a neighborhood.

We are seeking ideas, suggestions and volunteers for the 2015 grant year of this program. We need ideas on what projects would be most beneficial for JMCA and volunteers to coordinate projects. A fundamental element of how much the County matches funds is based upon the "sweat equity" put in by volunteers so volunteer participation is vital.

Please contact Kat Sumida at 703-625-2010 or at ksumida1@gmail.com with your ideas and to volunteer to help with this opportunity. The proposals are due by June 17th.

A reminder that dues for the 2014 year are now overdue. Membership dues are what allow us the freedom to be creative in the events we hold for the community.

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 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