



NEXT GENERAL MEETING



**Tuesday, March 18,
7:30 p.m.**

Mount Eagle Elementary library

Speakers: Justin Hull, Rising Hope United Methodist Missions Church will discuss services to the Rte 1 community; Representatives from Combined Properties will discuss the Penn Daw shopping center redevelopment.

Elections: see back page of newsletter for details

JMCA EVENTS

**Tuesday, April 15:
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

While we are digging out of our latest snowstorm of the year, I find myself daydreaming about the upcoming spring. In short order, the ice will have melted and the neighborhood will be filled with the sights and sounds of spring cleaning. After the long, cold and gray winter we have endured, we have certainly earned it.

Spring for the JMCA means a time to look forward to the year ahead. We have a full calendar in store for everyone over the next several months. Our neighborhood watch team will be organizing a community cleanup to rid us of the trash and road sand that is littered throughout the community. After months and months of work, we will be installing our new sign at the entrance of the community. This will be the final piece of work tied to the county grant money we won in early 2013. Stay involved on our various social media for details.

We will also be undergoing spring cleaning on the JMCA Board. We are losing three fantastic board members who have a decade of combined experience with the association. Amanda Allen, Roberta Zimmerman and Brian Allen are all moving on after multiple years of service. They have all been dedicated members of the community, and their contributions are deeply appreciated. Brian in particular leaves behind very tangible results of his work. Besides being the main organizer of our annual home and garden tour, Brian took the lead in working with the county DOT in designing the speed humps that were installed several years ago.

All of these folks leave behind large shoes to fill. At our March meeting, we will be conducting our annual elections for the JMCA Board of directors. While we have highly qualified candidates for most of the seats, we do not have a full slate yet. We are also in dire need of a new editor for our newsletter, as well as rebuilding our overall volunteer pool. Our community can only be as successful as the leadership it gets. I hope that you can be a part of that.

For myself, I am running for one final term as JMCA president. This will be my fourth year in a row, and seventh total, in the position. It continues to be an exciting opportunity and a deeply rewarding job. After almost a decade involved with the JMCA board, a fresh set of eyes and ideas will be beneficial for everyone.

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 email
Newsletter@Jeffersonmanor.org.

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

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

Help Support the Reading Program at Mount Eagle Elementary School

Mount Eagle Elementary school is looking for monetary donations to purchase new books for the First Grade reading program. The program works by providing each student with a take-home packet of books to read every week, and to exchange for new ones the following week. The books are in great need of replacement due to wear and tear. The PTA is trying to raise \$150 for this program. You can write a check to "Mount Eagle PTA," and write "reading program" in the memo. Drop off your donations at 5859 Edgehill Drive or at the school front office.

Please contact Tania Basom: *basomt@hotmail.com* with any questions.



Donate Needed Blankets and Towels for Homeless Puppies and Kitties

The Ulrick family has often collected old blankets and towels for the animal shelter from the JMCA community. So far we have donated them to the Washington Animal Rescue League, the Animal Welfare League of Alexandria, and the Lost Dog & Cat Rescue Foundation.

If you are living up to the old cliché and doing some spring cleaning, we would love it if you drop off your old, unwanted blankets and towels at our house. (No sheets, please.) The homeless dogs and cats would love it even more! We are at **5938 Monticello Road**, *treasurer@jeffersonmanor.org*.

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>. 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.
- Facebook: Visit JMCA's Fan page. Simply search Facebook groups for Jefferson Manor Citizens Association.
- Twitter: @JMCA22303

Spring Into Action

A boost of energy can be just what we need to get moving in the morning or to power through a busy day. Kundalini yoga's frog pose is a great way to wake up the entire body and build that energy. Try this pose to get the whole body moving. Practicing with a child? Using your body and imagination is a great work out for children of all ages. Pretending to be an animal helps them envision how their bodies should move in the pose. Making the animal sounds provides an avenue for them to express themselves. Put together, it's just plain fun!

Traditional Kundalini Frog Pose: Begin in a crouched position, balancing on the balls of the feet, heels touching. Place finger tips between toes. Maintain a straight back and look forward. Inhale as you straighten your legs and arms and lower head so gaze is at the floor. Exhale as your return to the starting position. Move vigorously for 26 frogs. Stand up, shake out your arms and legs.

Practicing with your child? Crouch down, placing fingertips on the floor. As you say GRRIBIT, jump forward. Place a marker several feet in front of you. Hop to the marker and back.

Practicing with your infant? Lay your child on their back with their feet in your lap. Open your eyes and smile as you gently push on the soles of their feet. In time, they will begin to push back helping them build the leg muscles they need to walk, run, and jump. GRRIBIT with them and watch them giggle!

—Natalie Arbuckle

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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“The Thief Who Realizes No Success Will Go Elsewhere To Ply Their Trade”

Hello Jefferson Manor Residents. As I was trying to think about what your Neighborhood Watch committee could write about in this edition of the JMCA newsletter, I received the information “Thefts from Vehicles” from our wonderful neighborhood police liaison, Officer Greg Kottemann. I know this has been a big concern within Jefferson Manor so please read his information below. If we all follow his advice I believe we can detour these thieves. My favorite quote from Officer Kottemann is, “the thief who realizes no success will go elsewhere to ply their trade.”

—Jeff Brady, Jefferson Manor Neighborhood Watch Chair

Hello Everyone,

I am going to cover some familiar territory today, but it bears repeating, and the numbers to start 2014 in the Mt. Vernon Police District are not trending in the right direction. I will be covering the familiar mantra of always locking doors (home and car) as well as securing belongings from vehicles and property.

I did a little research and looked at reported “Theft from Vehicles” complaints for 2014 year to date compared to 2013. So far we have had 71 reported thefts from vehicles in the Mount Vernon District, compared to 51 over the same period of time in 2013. This is an underreported crime to start with, so I can conservatively say, you could bump that number up at least 25% for the case which went unreported. I examined the reports and found in over 90% of them the vehicles had been left unlocked with valuable merchandise inside. Below is a partial list of items stolen ... notice all the plurals:

Cell phones, Lottery ticket, iPads, iPods, laptop computers, designer purses, everyday purses, jacket, sunglasses, wallets, cash, container of coins, gym bag, GPS (many), jewelry, satellite radio unit, WIC checks, shoes, vehicle registration, credit cards, cameras, computer gear, music CDs, phone charging cords, gift cards and an attempt to steal the vehicle itself.

These types of thefts happen all the time and in every corner of our district, let alone Fairfax County as a whole. In recent years we have seen slight decreases in the incidents of theft, but it is still way too prevalent and easily the most common crime occurring in Fairfax County. In the cases where the doors were locked and force used to enter ... most of these cases were of work vans being broken into for their valuable tools. We have also had the professional thieves targeting

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in-dash radio/GPS systems, as well as airbag thefts. (Those incidents and numbers were not included in the figure reported above as they are classified differently in our reporting system). Many of our thefts, especially the “Theft from Vehicle” variety, can be prevented by maintaining/practicing good personal security habits. When we prevent crimes like this by being vigilant about our own person behavior, we are protecting our entire neighborhood. The thief who realizes no success will go elsewhere to ply their trade. Removing the opportunity for crime to occur is our strongest community weapon to protect property, the greater community and ourselves. I hope this will encourage everyone to focus on prevention in your daily lives and forming/practicing good personal security habits in 2014. I also hope each one of you will take the opportunity to talk about security habits with a friend, neighbor, co-worker or family member so we can realize maximum participation and benefit.

Report Suspicious Activity to: 703-691-2131

REMEMBER: LOCK your car – **TAKE** your keys – **REMOVE** your valuables!

—Officer Greg Kottemann

**LOCK
YOUR CAR
TAKE
YOUR KEYS
REMOVE
YOUR VALUABLES**

Report Suspicious Activity to:
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Want Farm-Fresh Produce Delivered Right to the Neighborhood Each Week? Join a CSA!

Interested in eating more fruits and vegetables? Want to support local farmers and sustainable agriculture? Join us for Great Country Farm’s Community Supported Agriculture (CSA)! They will be delivering fresh, in-season veggies and fruits (not many farms have orchards) weekly from May/June through November, right to Jefferson Manor.

They also have a wonderful “you-pick” option, which allows you to visit the farm, pick your own produce (a FREE bonus each week), and have a tasting at the winery across the street, to boot. Can’t beat that!

The farm has an amazing amount of fun things for the kids to do. So for those of you with kids—we enjoyed getting out there several times during the season, allowing the kids to learn where their food really comes from and then play on the fun play equipment and see the animals. It’s great.

The farm was voted the BEST in Loudoun County for CSA, farm, pick-your-own, and agri-tourism.

We will be hosting a group delivery site at our house right here in Jefferson Manor. I have a sunroom, so you can pick up your CSA at your convenience, and it’s out of the sun and the heat (indoors) until you are able to pick it up. I’m usually also able to put in ice packs until everyone is able to pick up the food.

Please let me know if you’re interested. Sign-up is now open to new members. I can support up to 15 people in my sunroom. Email me at mfroemke@gmail.com to ensure that I still have room before signing up.

As a private, large group site, we already have over 5 members, so we will save \$100 each. For pricing and additional information, visit <http://www.greatcountryfarms.com/index.php/memberships/csa-produce/private-group-sites.html> and email me at mfroemke@gmail.com with any questions.

—Melanie Froemke

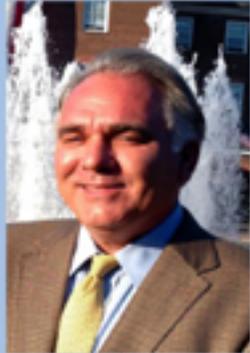


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JEFFERSON MANOR'S REAL ESTATE MARKET REPORT FOR THE WINTER OF 2014

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

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Jefferson Manor Citizen's Association Elections

We Need You

Have you been looking to get more involved in your community? It's an exciting time in the neighborhood with all the changes in our area of Fairfax County, and we need a board that is interested in being a voice to our local government leaders on behalf of the community. If you care about the longevity of the community and want to play a pivotal role, join the board!

How Do I Run?

You can email your information (name, address, phone, email) to president@jeffersonmanor.org prior to the March 18 meeting or show up at the meeting and throw your name in the hat during open nominations. There are two board seats that will be vacated this year.

What Are the Requirements?

All you need is to be a resident of Jefferson Manor proper and a member in good standing with the JMCA.



Not a Board-Type of Person, but Still Want to Be Involved?

In addition to board members, we are in need of individuals to join our committees—from the social committee that puts on our events throughout the year, to creating our neighborhood newsletter, to helping us modernize our website. Show up on Tuesday, March 18 and volunteer!

Candidates (as of March 7, 2013)

President: Chris Soule
Vice President: Julie Upham
Treasurer: Maeve Ulrick
Secretary: OPEN

At Large Board Members:
 Jason Stern
 Craig Mehall



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