

Jefferson Manor Neighborhood News

National Night Out - August 1 - 7pm

Come out for ice cream, fun and more at Jefferson Manor Park

What is National Night Out?

National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live. National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community.

Furthermore, it provides a great opportunity to bring police and neighbors together under positive circumstances.



Millions of neighbors take part in National Night Out across thousands of communities from all fifty states, U.S. territories, Canadian cities, and military bases worldwide on the first Tuesday in August. Neighborhoods host block parties, festivals, parades, cookouts and various other community events with safety demonstrations, seminars, youth events, visits from emergency personnel, exhibits and much, much more.

Connect with JMCA

Want to keep up to date with the latest JMCA news, events or want to let your neighbors get first dibs on that item you're selling before it hits Craigslist? Join us on our webpage, Facebook, NextDoor, Twitter and Yahoo!

JMCA website:

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 group. Search Facebook groups for [Jefferson Manor Citizens Association](#).

Nextdoor.com: jeffersonmanorva.nextdoor.com/

Nextdoor lets us connect with each other and the neighborhoods around us.

Twitter:

Follow [@JMCA22303](#) and access 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.

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The Neighborhood News is published 6 times a year by volunteers in your community. The newsletter operates on advertising and the generous hours donated by neighbors like you. If you would like to submit articles, volunteer time (**we are looking for a few neighbors, including high school students interested in earning community service hours, who would love to walk around a small section of the neighborhood and deliver the News!**) or advertise in the News, E-mail newsletter@jeffersonmanor.org

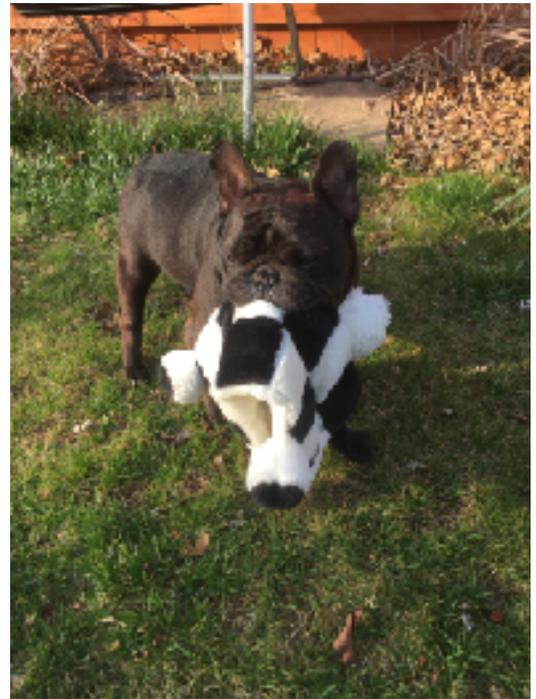
Deadlines for submissions are the 15th of August, October, December, February, April, June for publication the following month.

Cash's Garden

by Puppy Cash (as transcribed by Kay Floyd)

As the heat kicks in, the garden is wilting in some places and flourishing in others. Planting the blue nikko hydrangea where the AC spits out water was an excellent decision on our part. Last summer, we went a little overboard in the garden and weren't able to tend it as we would have liked, so we have scaled back some. We are focusing on our lettuce, tomatoes, peppers, eggplant, cucumbers, and carrots primarily. If I can get some late summer peas and beans in the ground, then we'll add those.

The summer lilies are making their debut. So far, neighbors seem to be loving our eyeliner lilies in the front. The red border lilies are just about ready to pop and the tiger lily should make an appearance soon. We ate a few red currants, but those bushes will take a few more years. Tart cherries returned, but powdery mildew is overtaking the leaves. We'll do our best alternating between neem and oregano oil. Here's hoping we get a peach we can actually eat this year, too. And the peonies, as Isabelle Arnold promised, finally bloomed three years after planting!



We are experiencing mixed results with the mosquito fish pond. On the plus side, our yard has barely had any mosquitos. On the negative side, the snails can't keep up with the algae. I, Puppy Cash, can confirm that the fish are still alive and reproducing, so we'll find some more organic products to add to the water. Given how this is meant to be a bad tick season and puppies don't like ticks, my mom is placing tick tubes around the yard and also spraying with cedar oil, both purchased on Amazon. Cedar helps with mosquitos!

We are sad to report that the darn squirrels took the hot pink Secret Passion Coneflower AGAIN. And, we would love your advice on which flowers can last a long time in pots during the summer heat. We need to fill our planters once again in the front.

Thanks for reading friends! Time for me to go beg for a piece of lettuce.

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 - (3/2017 - 3/2018)

- President – Alexis Glenn
president@jeffersonmanor.org
- Vice President – Jim Martin
vicepres@jeffersonmanor.org
- Treasurer – Diana Stanley
treasurer@jeffersonmanor.org
- Secretary – Kyla Lupo
secretary@jeffersonmanor.org
- Board of Directors:
 - Chairman of the Board – Kay Floyd
chair@jeffersonmanor.org
 - Sam Rinde
 - Bethany Case
 - Natalie Arbuckle
 - Tyler Hosford

JMCA General Contact Information

- Newsletter - newsletter@JeffersonManor.org
- Neighborhood Watch, Home Improvement Committee, Land Use Committee, Parents' Group, Social Committee, Transportation Committee, Website Committee can all be reached at info@JeffersonManor.org

Advertising Pricing

Questions? newsletter@JeffersonManor.org

Full page: \$210 per issue

1/2 page: \$110 per issue

1/4 page: \$60 per issue

1/8 page: \$35 per issue

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

The JMCA would like to announce that you may now support the Jefferson Manor Citizens Association with the convenience of Paypal! To pay your annual membership dues or to pay for advertisements in the bimonthly neighborhood newsletter, please visit www.JeffersonManor.org and click the Paypal button in the upper right corner.

La Asociacion de Ciudadanos de Jefferson Manor (JMCA) les comunica que iahora se pueden hacer pagos convenientemente via PayPal! Para pagar su membresía anual, o si desea pagar por una publicidad en el boletín bimensual de nuestra comunidad, por favor visite www.JeffersonManor.org y haga clic en el botón Paypal en la esquina superior derecha.

The Editor's Pen

by Kyla Lupo

Hood vs. Manor

It's an ages-old point of discussion in our neighborhood. Do we call it the 'hood or the Manor?

Maybe it's because of when and where I grew up, but 'hood has a meaning that isn't positive for me. I'm sure those who call us the 'hood aren't doing it out of meanness or spite or insult. Maybe they don't have the same negative feelings about it that I do.

I love calling the neighborhood The Manor because it sounds regal and fancy. When we lived on Monticello we called our house Monticello, as though we were fancy and important enough to live in Jefferson's old home.

Maybe that's why I love calling us The Manor. It's sounds elegant, regal, important.

What is your preferred name and why? Let me know at newsletter@jeffersonmanor.org

Whatever you call our neighborhood, I'm glad you call it home.

Kyla

From the President

by Alexis Glenn, JMCA President

Thank you for the opportunity to serve as your next Citizens Association President. I am grateful to our past JMCA board members and leaders for building a strong foundation for our community to thrive. I am excited to continue the work with our fantastic board members and volunteers!

This year, we mark the 70th anniversary of the establishment of Jefferson Manor. In 1947, Army Sergeants and newlyweds Al & Sandy Snyder, the namesakes of our Home and Garden tour, bought their first home here for \$9,000.

As Al & Sandy raised their three children here, they witnessed a lot of change over the decades. I think the good that they saw in this community 70 years ago is something we still have here today. We are a community that is tight-knit and here for our neighbors.

Jefferson Manor will need your help to keep our neighborhood the kind of place where people can buy their first home, raise their kids, and age in place in a supportive and friendly community, just as Al & Sandy did. We need you to volunteer when you can, your help is crucial to the success of any event or initiative. I hope you will consider lending a hand for the neighborhood. A few hours a few times a year will ensure that Jefferson Manor continues to thrive for the next 70 years.

JMCA meetings will be held the 2nd or 3rd Wednesday in the odd months and advertised here in the newsletter and on our social media feeds. The board will meet in the even months. I hope that you will communicate ideas and concerns to the board in order to help us serve you. In return, we will continue an

open dialogue with you and advocate the County and State on behalf of the neighborhood.

Please join us at the next bi-monthly community meeting on Wednesday, July 26th at 7:00 pm in the Mount Eagle Elementary School Cafeteria. We will hear from the Neighborhood Watch and about the redevelopment plan for the Huntington Club Condominiums.

The Welcome Wagon

Help us welcome new neighbors to our community by joining the Welcome Wagon Committee! We brainstorm awesome items to put in the basket, involve local businesses, and help new neighbors make their house a home. To join the Welcome Wagon Committee or let us know you just moved in, please email the JMCA Chair at chair@jeffersonmanor.org.



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On The Mat

by Natalie Arbuckle

It's summer!! We have many opportunities to get out and move, move, move. We should also take time to stretch and relax. One of my favorite restorative poses is **Sea Star**. Sea Star is a variation of Child's Pose which offers a gentle back and shoulder stretch. Practice Sea Star when you need a minute to stretch, unwind, or regroup. Sinking in to Sea Star and breathing long and deep for several minutes can help the body transition from day to night making it an ideal pose to include in your nighttime wind down routine.

Kneel with your knees open wide. Inhale and extend your tailbone towards the ground and the crown of your head towards the sky. As you exhale, bend forward, keeping your spine long with the intention of placing your head on the floor. Place pillows or books on the floor on which to place your head if it is uncomfortable to place your head on the floor.

Stretch your arms alongside your ears. Roll your shoulders down your back. Place your palms on the floor and spread your fingers wide. Breathe long and deep.

Practicing with your little one? Pretend you are sea stars floating on the waves.

Practicing with your infant? Place your child perpendicular to you between your hands. Let your child practice their tummy time while you are on the floor too. Tickle your child's hands and feet to keep them giggling.

Neighborhood Watch Reboot

Love Jefferson Manor and want to do your part to keep it safe? Several members of the community have discussed restoring some basic neighborhood watch activities/meetings and would like to invite all JM neighbors that would like to participate! The primary goal of the program would be increasing communication and awareness with the belief that monitoring and maintaining our neighborhood will help prevent crime. The neighborhood watch would operate independently from the JMCA, yet provide updates when needed. The group so far has discussed fun, informal meetings with basic community involvement to provide crime prevention tips and increase the flow of communication. We are also looking to boost neighborhood participation with community projects and events! We aren't looking for law enforcement officers, just people that want to show how much they love where they live and build a stronger community. Everyone can play a part when it comes to crime prevention, it can be as easy as making a phone call, picking up litter, or even reporting a street light outage.

If you would like to be included or learn more, please come to the next JMCA meeting on July 26th, 7 PM at Mount Eagle Elementary. FCPD Crime Prevention Officer Robert Urps will be our guest speaker. We look forward to seeing you!



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Jeff Brady, Realtor

Licensed in VA

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2015-2016 NVAR Residential Multi-
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My specialty in Jefferson Manor is listing your home and getting you top dollar. I also have cash buyers for homes in need of help. Either way, contact me today for a free consultation.

He's the Jeff in Jefferson Manor!

Visit me @ Jeffbradyhomes.com
And Face book@ [JeffBradyHomes](https://www.facebook.com/JeffBradyHomes)

If your home is currently on the market, this is not an attempt to solicit

Local Author Spotlight - Laura Sook Duncombe

Pirate Women: The Princesses, Prostitutes, and Privateers Who Ruled the Seven Seas is a book that spans thousands of years and places across the globe, but its roots are very close to home. I wrote this book sitting at my dining room table right here in Jefferson Manor. There are many things about this neighborhood that helped this book get written, from the easy metro commute into the Library of Congress to the friendly neighbors who encouraged me when I had writer's block! I am grateful to the JM community for all of their support.

My book is about women pirates, who are a vital part of pirate history but are often left out of the story. It's a lot of history, a little storytelling, and a healthy dose of feminism all mixed together. I think there's something for everyone in this book! I learned a lot while researching this book, and people have told me they learned a lot while reading, which makes me feel good.

Even though we moved from the Manor in November, I still think of it as home. We are still in touch with many of our wonderful friends there and hope to move back to the area soon. JM is a special place, and it will always be the place for me where both my son and my book was born.

Have you created something right here in the Manor? Drop a line to newsletter@jeffersonmanor.org and we'll spotlight you!

Dispatches from Fork Drive

by *Elsbeth Kursh*

In honor of a great partner-in-crime, my mother, I have been playing in the kitchen even more than usual. My mother: photographer, bon vivant, and gluten intolerant, has inspired me to try a lot of gluten-free recipes. Some are wins, some are most decidedly failures (let's not talk about that angel food cake fit only for devils...), but this is my favorite.

My mom has a great rule: if she wouldn't have eaten it before, she won't eat it now. Just because something is gluten free doesn't mean that it's going to be delicious. I've experimented with commercial gluten free flour mixes and made my own by combining different grains. Both are great options if you're ready to go down the gluten free baking rabbit hole. If you're more of a casually gluten free baker, this recipe works well with Red Mill gluten free all purpose baking flour. You can even get it on Amazon.

These banana muffins are a useful master recipe for variations: you can add $\frac{3}{4}$ cup of finely chopped pecans, add chocolate (reduce the oil by the same amount of added chocolate), or top with peanut butter for a muffin that will win the work baking competition. The olive oil plays beautifully off the gently nutty taste of the Red Mill gluten free all purpose baking flour; its largest component is garbanzo flour, a pleasingly warm and earthy flour that brings a nice depth of flavor to what could otherwise be a very sweet muffin. The double leavening agents of baking powder and baking soda give the extra lift to a gluten free flour to make these muffins taste like muffins instead of bricks. Not gluten free? Plain flour is a 1 to 1 substitution for these muffins.



recipe on page 10

continued from page 9

Mom's Favorite Banana Muffins

adapted from Beth Hensperger's Bread.

Yield: 20 standard muffin tin sized muffins

Streusel topping:

½ cup sugar

⅓ cup Red Mill gluten free all purpose baking flour

4 tablespoons chilled butter (salted or unsalted is fine; my mother prefers the unsalted, I prefer the salted)

Muffins:

1 cup of sugar

½ cup olive oil

2 large eggs

3-5 mashed ripe bananas (*Elspeth's pro tip for extra lazy muffin-ing: freeze the bananas once they've started to go overly ripe. They will turn black in the freezer, but 30 seconds in a microwave makes them easily peelable; just dump them in a bowl and mash.*)

2 cups Red Mill gluten free all purpose baking flour

1 teaspoon baking soda

1 teaspoon baking powder

1 teaspoon ground cinnamon

¼ teaspoon salt



Start with the streusel: combine the sugar and flour and cut in the chilled butter. This is a great job for any little helpers you might have. I use two forks, but you can also use a food processor or a pastry blender. Though it's tempting, don't use melted butter. You want the topping to look like bread crumbs. Set aside.



Start muffins: Beat sugar, oil, and eggs at moderately high speed for 3 minutes. The mixture should be lighter in color and foamy. Add the mashed bananas and stir well. The mixture will be very wet and lumpy from the addition of the bananas; that's fine.

In another bowl, mix the flour, baking powder, baking soda, cinnamon, and salt. If you're adding nuts or chocolate, add those items here. Stir with a wooden spoon until nicely mixed. Add the banana mixture to the flour mixture and stir gently until combined: 10-15 strokes.

Using a half cup measure, spoon the mix into a greased muffin tin. Top with streusel topping and bake in a preheated 375 degree oven for 20-25 minutes, or until the top of the muffin springs back when gently pressed. A cake tester will come out clean if inserted into the muffin.

Cool 5 minutes in tin, then remove and place on a wire rack to cool.

These muffins are wonderful warm from the oven, or split and toasted for breakfast. The batter also makes outrageously fabulous pancakes. Mix as above, then drop by scant half cups on an oiled griddle. Prepare for accolades.

Sounds of Summer

Free Outdoor Entertainment in the DMV

Our area offers a ton of free concerts, free movies, and other performances during the summer months. Usually held in the evening in parks or other outdoor open spaces, they're a great excuse for putting down a blanket and having a picnic dinner with friends.

Some of the options:

Fairfax County Parks Authority concerts:

<http://www.fairfaxcounty.gov/parks/performances/>

The closest venue is Lee District Park on Telegraph Rd (Wednesday evenings from 7:30-8:30), but there are concerts at a Fairfax County park almost every night of the week, as well as some Saturday morning events designed for kids.

Alexandria:

<https://www.alexandriava.gov/Concerts>

The biggest summer event in Alexandria is the combined Alexandria birthday/4th of July concert and fireworks, held in Oronoco park on the banks of the Potomac, this year on July 8: <http://bit.ly/2udJD6x>

It's a cozier and much easier event to get to than the pandemonium on the National Mall – AND it offers something the Mall can't match -- the 1812 Overture accompanied by Marine Corps howitzers (warn the kiddies!).

Alexandria also has other concerts during the summer.

Fort Hunt

Concerts:
<http://bit.ly/2rXTUTB>

Fort Hunt is (more or less) on the GW parkway just north of Mount Vernon. Concerts are every Sunday evening

Rosslyn

movies, concerts, and outdoor pub:
<http://www.rosslynva.org/do/rosslyn-cinema-pub-in-the-park>

The National Harbor has a concert or movie on the waterfront most evenings during the summer, as well as fireworks on multiple occasions:

<https://www.nationalharbor.com/screen/>

Free movies just about everywhere:

<http://www.dcoutdoorfilms.com/>

This website has info about outdoor movies in MD, DC, and NVA.

And **The Washington Post** just came out with its own list of favorites (which has some of the items already listed above): <http://wapo.st/2rXXZHj>

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February 2016

PIO Tools to Keep Residents Informed



News & Information Updates: - **FCPD Daily News Blog:**
<https://fcpdnews.wordpress.com>



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What the Police responded to in your neighborhood:
<http://www.fairfaxcounty.gov/policeevents>

Learn about crime statistics in Fairfax County:
<http://www.fairfaxcounty.gov/police/crime/statistics>

Watch “**On the Beat**”; our quarterly news program:
<http://www.fairfaxcounty.gov/police/newsroom/onthebeat.htm>

Why was the police helicopter flying above?:
<http://www.fairfaxcounty.gov/police/helicopter>

Report crimes online:
<http://www.fairfaxcounty.gov/police/120413citizenreportingsystem.htm>

To request this information in an alternate format, call the Public Affairs Bureau at 703.246.2253. TTY 711

Important Phone Numbers

Put me on the fridge, or near the phone

Police, Fire, Ambulance: **9-1-1**

Public Safety Non-Emergency: **703-691-2131**

Fairfax County Emergency Information: **703-817-7771**

VDOT (Virginia Department of Transportation): **1-800-FOR-ROAD**
(**1-800-367-7623**)

Weather - National Weather Service Updates: **703-652-1210**

Washington Gas: **1-800-752-7520** or **703-750-1400**

Dominion Virginia Power: **1-866-DOM-HELP** (**1-866-366-4357**)

Sewer Breaks or Back-Ups: Department of Public Works and Environmental Services: **703-323-1211** or **703-250-2003**

Rising water that threatens your safety: **9-1-1**

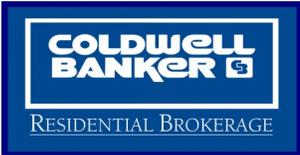
Storm flooding during business hours (Monday-Friday, 7:30 a.m. to 4 p.m.):
703-877-2800

After-hours storm flooding emergencies that are not life threatening:
703-323-1211. State that you are reporting a storm sewer emergency.

Sanitary sewer flooding: **703-323-1211**

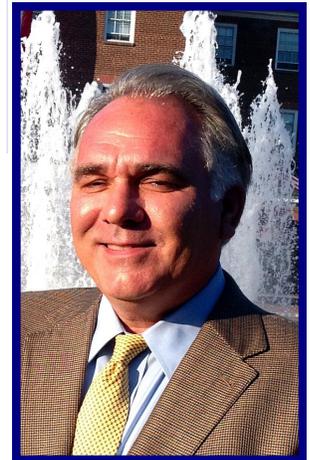
In general, if you've got questions about who to call:

<http://jeffersonmanor.org/fairfax-faq/>



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If your house is currently listed, this is not an attempt to solicit that listing.



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 (55+)) per calendar year.

Complete this application & mail with a check or money order to:

JMCA
 P.O. Box 4104
 Alexandria, VA 22303

Or visit: www.jeffersonmanor.org to pay online, and get a **color version** of this newsletter!

2017 Membership Application

Renewal - \$20 New Member - \$20 Seniors (55+) - \$10

Name(s): _____

Address: _____

Email: _____

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 | Green Committee |
| Transportation issues | Land Use issues |
| Neighborhood Watch | Newsletter |