Neighborhood Newsletter

The Jefferson Manor Citizens Association is a volunteer organization dedicated to the betterment of the Jefferson Manor neighborhood. JMCA advocates for the interests of the neighborhood, as well as planning and coordinating social and charitable activities, and providing information and services for neighborhood residents.

From the President

By Alexis Glenn, JMCA President

Dear Residents of Jefferson Manor,

Thank you for celebrating the neighborhood's 70th anniversary at our block party! I am overwhelmed with gratitude for my neighbors and pride in Jefferson Manor. Shout out to our generous sponsors who helped mark the occasion and to the volunteers who put in hours and elbow grease to put on a fantastic party!

As 2017 draws to an end, the JMCA Board is busy planning what's next for Jefferson Manor in 2018. On Wednesday, November 15th, please join us at our bi-monthly community meeting to hear about JMCA's vision for 2018 and to provide feedback. Please note that we will NOT be able to meet at Mount Eagle Elementary this month due to teacher training. We are currently seeking out a meeting space walkable from the Manor. Please check our website, Facebook, Nextdoor, Twitter, or the Yahoo Group for updated meeting location information. Please join or renew your membership for 2018! Membership info in on the next page.

Thank you for being a part of Jefferson Manor and don't hesitate to reach out, president@jeffersonmanor.org.

The JMCA is seeking a Spanish-speaking volunteer for newsletter translation and community outreach. Are you a fluent Spanish-speaker with a love for Jefferson Manor? The Citizens Association needs your help! Please email info@jeffersonmanor.org if you can volunteer to help the JMCA translate portions of the newsletter and reach out to our Spanish-speaking neighbors.

JMCA está buscando un voluntario que habla español para traducir boletines y panfletos. ¿Hablas español y amas Jefferson Manor? ¡La Asociación de Ciudadanos te necesita! Envíe un correo electrónico a info@jeffersonmanor.org si puede ofrecerse como voluntario para ayudar JMCA comunicar con nuestros vecinos latinos.

It's time to join or renew your membership with the JMCA! Annual dues are payable via PayPal, cash or check. The JMCA organizes beloved annual events, maintains a robust group of volunteers, and brings our life-long residents and newcomers together. Your membership helps support the bi-monthly neighborhood newsletter, events, and community initiatives. Any resident 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. Discounted 2-year memberships are $35.

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!

2018 Membership Application

1-Year - $20 **1-Year/Senior Discount** (55+) - $10 **2-Years -** $35

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 volunteering for the following:

JMCA Website
Transportation issues
Neighborhood Watch
Welcome Wagon
Community Events
Newsletter Contribution

In this issue:

About JMCA ———————————— pg. 5

The Welcome Wagon———————————— pg. 5

County Resolution ———————————pg. 7

On the Mat ———————————— pg. 9

Help Women in Shelters———————— pg. 9

JMCA Q & A ———————————— pg. 10

Mount Eagle PTO Update ———————— pg. 11

Block Party Photos———————————— pg. 12

Recipe Contest Winners ———————— pg. 13

Pet of the Month———————————— pg. 14

Connect with JMCA

Keep up to date with the latest JMCA news, events! Join us on our webpage, Facebook, NextDoor, Twitter and Yahoo!

JMCA website: www.JeffersonManor.org

Our website has the neighborhood events calendar, answers to FAQs, neighborhood history, and our newsletter archive.

Facebook Group: Jefferson Manor Citizens Association

Nextdoor.com: jeffersonmanorva.nextdoor.com

Twitter: @JMCA22303

Yahoo Group: groups.yahoo.com/group (Search for Jefferson Manor)

Do the right thing, help keep Jefferson Manor clean! What can you do to help the Manor? Contact info@jeffersonmanor.org for tips!

SEEKING A NEWSLETTER EDITOR - The JMCA is seeking a volunteer to assemble the newsletter every other month. You do not need to be on the board to be our next editor, just enthusiasm for written communication and a love for the Manor!

The Neighborhood Newsletter 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, or advertise, email **newsletter@JeffersonManor.org.** Deadlines for submissions are the 15th of October, December, February, April, June and August for publication the first of the following month.

Newsletter delivery volunteers needed! 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!

Happy 70th Birthday Jefferson Manor!

Jeff Brady Homes

Century 21
ACCENT HOMES, INC.

WDC WASHINGTON DEVELOPMENT COMPANY

FMM FIRST MERIDIAN MORTGAGE CORPORATION

JMCA 2017–2018 Board Members

Officers

Alexis Glenn, President
Kay Floyd, Chairman of the Board
Jim Martin, Vice President
Diana Stanley, Treasurer
OPEN SEAT, Secretary
Natalie Arbuckle
Bethany Case
Tyler Hosford
Sam Rinde

Volunteer with us! Join the Newsletter Committee, Neighborhood Watch, Transportation and Land Use Committee, Parents' Group, or Social Committee. Email **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.

Food Drive for Neighbors in Need

Jefferson Manor resident Juliann Francis leads an annual effort to get neighbors helping neighbors. This annual drive collects non-perishable food from folks across the region to donate to Food for Others, an organization that helps those who face food insecurity in our immediate area. If you would like to contribute to the drive, Juliann will be collecting cans and non-perishable food items on the porch of 2826 Fairhaven Ave. from Dec. 11 - Dec. 17 for donation on Dec. 18. If you're in the Facebook group, you're likely see a reminder in early December! Thank you for anything you care to contribute! Your donation may help feed a neighbor in need during the holidays!

Save the Dates:

Wednesday, Nov. 15, 2017 - Community Meeting

Saturday, Dec.16, 2017 - JMCA Holiday Extravaganza:

Stay tuned for kid, pet, and grown-up photos with Santa, the lighting of the Menorah, and our annual pot-luck dinner!

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.

Special offer guaranteed to make sellers money.

Through the end of this year, if you sell your home with Tom & Cindy and Associates, we'll give you a Free Professional Staging Consultation with the finest staging company in Northern Virginia. Staged homes sell in less than half the average days on the market and for considerably higher prices. Hear what the pros say, then do as much or as little as you want. We're there with you every step of the way to make your sale a big success. Give us a call. We'd love to help you.

It doesn't cost more to use the best.

TOM & CINDY AND ASSOCIATES

TomandCindy@HelloVirginia.com
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Fairfax County Resolution commemorating the 70th Anniversary of Jefferson Manor

Jefferson Manor is honored to accept this County Resolution marking the 70th anniversary of the establishment of the Jefferson Manor community. Many thanks to the Fairfax County Board of Supervisors and to our Lee District Supervisor Jeffrey McKay for the honor and for joining us at our block party celebration!

COUNTY OF FAIRFAX, VIRGINIA

Resolution

WHEREAS, 2017 marks the 70th anniversary of Jefferson Manor, a community of 550 homes near the Huntington Metro station; and

WHEREAS, Jefferson Manor is one of the most active civic associations in the Lee District and is dedicated to the betterment of the community and the Richmond Highway corridor as a whole; and

WHEREAS, residents volunteer and diligently plan social and charitable activities and provide information and services to the neighborhood; and

WHEREAS, Jefferson Manor is a committed and engaged community, providing a website, community newsletter, community meetings, neighborhood watch program and social events for all residents and will celebrate its 70th anniversary with a block party and celebration on Saturday, September 23; **NOW THEREFORE**

BE IT RESOLVED, that the Fairfax County Board of Supervisors, on behalf of all residents of Fairfax County, does hereby congratulate Jefferson Manor for its 70th anniversary and thank the Jefferson Manor Community Association for its many contributions to Fairfax County.

Sharon Bulova, Chairman
Fairfax County Board of Supervisors

Jeffrey C. McKay, Supervisor
Lee District

September 23, 2017
Date

COUNTY OF FAIRFAX 1742 VIRGINIA

Amanda's Cleaning

I'm Amanda Florian and we are your neighborhood maid service.

Your pets are family, we don't charge more for them. We offer deep cleans for move ins and outs, as well as recurring cleanings. We have the best prices in your community. I've worked for 14 years and have references for your neighborhood.

We work hard to make your home look clean and bright. Call or text for a free estimate.

571-217-3142

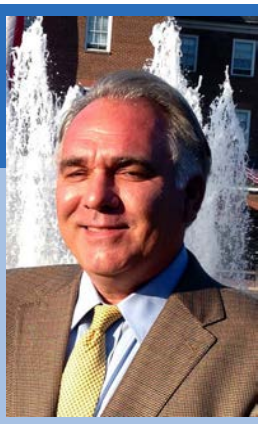
COLDWELL BANKER
RESIDENTIAL BROKERAGE

YOUR JEFFERSON MANOR REAL ESTATE MARKET REPORT FOR THE FALL OF 2017

Status	Address	BR	BA	Listed $	Sold $	Settlement
Sold	6002 Williamsburg	2	1.5	$439500	$445000	10/5/2017
Sold	6020 N Kings Hwy	2	2	$389000	$394000	9/17/2017
Sold	5810 N Kings Hwy	3	2	$410000	$400000	9/05/2017
Sold	6015 Williamsburg	2	2	$440000	$440000	8/11/2017
Sold	5810 Edgehill Dr	3	2	$435000	$430000	8/02/2017
Sold	5948 Williamsburg	2	2	$440000	$425000	7/31/2017
Sold	2702 Farmington	3	2	$462000	$450000	7/27/2017

For 25 years plus, Tom has been *moving* Jefferson Manor forward

Happy 70th Birthday Jefferson Manor! Great block party guys!
(Help reduce neighborhood crime, turn your porch lights on every night)



Tom has been helping Jefferson Manor Sellers and Landlords achieve their goals for over 25 years now

Tom Rickert/Resident Realtor
Associate Broker & Prop. Manager

Tom's Jeff Manor Track Record:

JM Assisted Sellers	=	147
JM Assisted Buyers	=	48
JM Assisted Landlords	=	57
JM Assisted Renters	=	+ 44
Successful transactions		296

REALTOR®

Call Tom @ 703-447-7901 for your free comprehensive market analysis

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Information provided by our area Metropolitan Regional Information Systems. *This report may contain sales not made by this Coldwell Banker agent. Information deemed reliable, but not guaranteed. If your house is currently listed, this is not an attempt to solicit that listing.

EQUAL HOUSING OPPORTUNITY

On The Mat: The Blade---Releasing Tension in the Upper Chest and Back

by Natalie Arbuckle

Deep breathing is a technique used often in yoga and commonly recommend for folks to calm down and relax. It sounds very simply but it is deceiving. If our body is tense, it can be difficult to breathe deeply enough to bring the air all the way in to one's stomach and lower back. Opening the chest and upper back can help us create space for the fresh air to come in to our bodies. If you tend to sit for long stretches such as at work, commuting, or at school, chances are your chest and upper back are tight. The blade is a gentle exercise which can help open the upper chest and the area between the shoulder blades. Try doing 5-10 repetitions of the blade and then breathing long and deeply. Practice the blade twice a day or after sitting for at least an hour.

Sit in on the floor in a cross legged position or in an armless straight back chair with feet firmly planted on the floor. You're your shoulder blades down your back. Extend your arms out to your side then gently bend your elbows and bring your forearms parallel to the floor in front of you so that your finger tips are touching. As you inhale, move your arms out to the sides keeping the elbows bent and the arms parallel to the floor. Move the arms as far back as you can until you feel a tightening sensation. Pause and then as you exhale float the arms back towards each other, finger tips touching.

Practicing with your little one?…this exercise can be done as part of your bedtime routine to help your little calm down for sleep. Sit opposite one another and practice the blade together with your eyes closed.

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 release tension in your chest and upper back.

How you can help women in shelters

By Emily Schweitzer

Bringing Resources to Aid Women's Shelters (BRAWS), is a non-profit organization started by Holly Seibold, of Vienna, VA, which collects new bras, underwear, pads, and tampons for local women in homeless shelters. A few years ago, Holly wanted to do something for local women in need and held a small collection drive, however she soon discovered that many shelters were in great need for these rarely donated and expensive necessities. Since January 2015, BRAWS has donated thousands of bras, underwear and feminine hygiene products to over 40 area shelters and approximately 4,000 women and girls in the DC metro area! BRAWS has grown so much that just this past Summer, they opened an office space in downtown Vienna – quite the improvement from Holly's basement. If you are interested in helping this wonderful organization, there are several ways to provide support. Visit www.braws.org to find out how you can volunteer, host a collection drive or fundraiser, attend a distribution event, help deliver donations, and so much more! You can also simply drop off a donation of new (tags attached) bras, underwear, tampons, and pads at 2733 Farnsworth Dr., there is a collection bin on the front porch at all times.

JMCA Q&A w/ Farmington Resident Diana Rademaker, the artist behind our new logo

1. Tell us a little bit about yourself.
My husband, French bulldog, and I moved into the Manor around June 2016. We fell in love with the neighborhood and the little homes. When we weren't able to buy the home we saw on Fairhaven we sort of gave up. Then one day I was browsing through the area and found the home we live in today. It was perfect! I am originally from Los Angeles, but have lived in Ecuador, Seattle and New York.

2. When did you realize you had such a great talent for art?
I hate this answer, however it is the truth. My parents were both artists and I grew up surrounded by artists. I was encouraged to express myself artistically through music, paint, costume design, photography, etc. As I became older I tried to move away from the artistic aspect of design and move into the business side. One day, an up and coming artist asked for my help with an installation. From there I decided to volunteer time in the studio. It wasn't long until I was asked to produce my own designs. That was the moment I realized I had the potential to make something happen through doing something that I love.

3. What was your inspiration and process for creating this new awesome JMCA logo?
I love these homes! They were built in the late 40's, right before the suburban boom. The buildings were made of brick and solid material unlike the ones that came after that had mass production and rapid construction in mind. The houses were built for the necessities of the period. You can clearly see that in the design. When I walk through the neighborhood I wonder if the people that built and designed these homes knew that they would still be here. That a sense of community would be present years later. I suppose this nostalgia is what was my inspiration. I knew the actual building structure had to be in the logo. Next, I asked members of the board for the history behind the original logo and any information regarding the community. Through out the process I wanted to make sure that I was considering our long time residents and creating a design that would celebrate the Manor. I photographed a few homes and then decided on a model. I then researched designs from that period and how design developed in advertisement in the Virginia area. My husband thought I was a little obsessed with the subject when he found the designs everywhere in our home. I was about to finalize the design when I had this idea of including the one way stop sign. I wasn't sure if this was something everyone in the manor could relate to or if it was something only I found interesting. After attending a community gathering and speaking to other residents, law enforcement and board members, I found that we could not pin point how long these signs have been up but that everyone had a view about there presence. That was when I decided it was something that got us talking and it had to be part of the design.

4. What do you do when not designing our logo?
I went back to school a few years ago and walked dogs during my down time. I found this was the best way to relax my mind and get a few steps in. I didn't realize that it would have such an impact on me. Long story short, I grew up with dogs of all sizes and breeds. I was that girl that adopted dogs and would bring them home to explain later. I have seen dogs give birth, fed them while they were not feeling well and played with them until the sun went down. When I began caring for dogs again, I found it so rewarding in so many ways. So the answer is a I walk dogs and care for kitties on my down time. (Editor's Note: Diana's company is Let's Go Potty Alexandria.)

5. What are your favorite parts about Jefferson Manor?
I love the park, the holiday décor, the trees in the fall, walking down Farmington Dive when the sun is setting, the sense of community, the fact that you can ask a neighbor if they received your mail by accident. The JM is truly a little gem.

Updates from Mount Eagle PTO!

By Tia Colvin

We have begun a new school year at Mount Eagle, and the PTO will continue to provide money for student field trips. This year we will donate $15 per student in grades 1-6, and $30 per student for kindergarten. The PTO is also working hard to plan after school activities. This year we have clubs planned for nearly every day of the week! Art Club, Adventure Club, Lego Club, and Chess Club are all returning from last year. New this year is Minecraft Modding, which is a STEM-based club that teaches age-appropriate computer coding. Thanks to a generous donation from AJ Dwoskin, we were able to offer 9 scholarships for students to participate in this club, who otherwise would not have been able to afford it.

Donations to the PTO are always welcome to help support the students of Mount Eagle. The Mount Eagle PTO is a IRS recognized 501(c)3 charity, and all donations are tax-deductible. Donations can be made via PayPal on our website http://mounteagle.my-pto.org/ or by check to Mount Eagle PTO, 6116 N. Kings Hwy., Alexandria, VA 22303.

Stay updated on current and upcoming PTO events (some of which are open to the community) by liking our Facebook page at https://www.facebook.com/MtEagleElementaryPTO/.

Editor's Note: JMCA is pleased to support Mount Eagle with our annual yard sale, held each April.

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 visit:

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

Thank you for coming to the Manor's 70th Anniversary Block Party!!

And the winners from the JMCA 70th Anniversary Block Party Chili Cook-Off and Pie Contest!

Not quite Texas Chili
Winner: Megan Hosford, Jefferson Drive

1/2 lb sausage- cook thoroughly
1 lb ground beef- cook in sausage grease
1 lb beef chuck- sear quickly- season with cumin
1 can Kennedy beans (sorry Texans!)
1 small can tomato paste
1 can diced tomatoes
1 jalapeño (keep half seeds)
1 poblano (keep half seeds)
2-4 TBS favorite bbq sauce (mine is Blacks!)
A few dashes of Hot sauce (I like Franks!)
1 Tbs cumin
1TBS chili powder
1 TBS chipotle chili powder
1 TBS honey
2-4 cloves garlic
Salt and pepper to taste
1/2 head cilantro in the crock pot or for garnish
Crock pot for 6 hours on low.

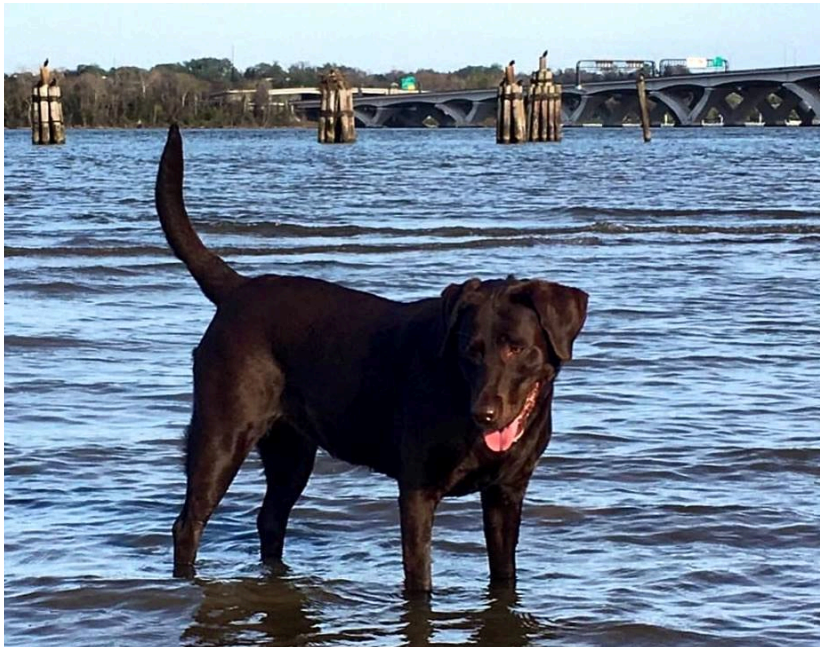
Blender Lemon Pie
Winner: Robin Wilburn, Edgehill Drive

2/3 stick softened butter
juice of 2-3 large lemons, depending on how sour you like it. I like to feel the sourness in the back of my cheeks
1.5 t lemon zest
4 eggs
2 c sugar
2 T flour

Dump all ingredients into a blender and give it good mix (or dump it all in a bowl and use an immersion blender). Pour into a pie crust (unroll a store-bought one or make your own). Bake at 350 F for 15 minutes. Reduce heat to 250 F and bake for 45 more minutes. Serve cold.

Pet of the Month: Lani!

Lani is one of the many furry sweethearts in this neighborhood. She can be seen taking long walks, playing nicely with the other dogs, and eating a carrot treat. Lani was born in Hawaii, loves to play fetch, and also answers to “brown bear.”



Jeff Brady, Realtor

Licensed in VA

2014-2015-2016 top producing Realtor @ Century21 Accent Homes
Recipient of the Century21 Ruby Award
2015-2016 NVAR Residential Multi-Million Dollar Club

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

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