



The Village View

Newsletter of the Glencarlyn Civic Association since October 1952

March 2025

Update on VHC Health Wellness Hospital and 601 S. Carlin Springs Rd

by Brandon Hemel

VHC Health, LifePoint, and representatives of Arlington County will be speaking at April 5's Glencarlyn Civic Association meeting to give us an update on the plans for construction of the Wellness Hospital at 601 S. Carlin Springs Road.

VHC Health has promised to meet with the GCA and our neighboring civic associations prior to submitting their construction plans to Arlington County.

Adrian Stanton, VHC Health's Vice President, Real Estate Acquisition & Development, gave additional project information to the Glencarlyn community at the November 2024 GCA

meeting, describing how the new facility addresses a growing need for mental health services while remaining sensitive to community concerns.

This meeting will be yet another opportunity for us interface with VHC Health and county leaders to express our concerns about this new facility within our neighborhood.

Attendance is important to show all of the interested parties that Glencarlyn is a key partner they must take our concerns into place as they prepare to submit their plan.

Please join us on April 5 at 7:30 p.m. at Carlin Hall.

Vision Zero team to speak at March GCA Meeting

by Brandon Hemel

In May 2021, Arlington County Board adopted the Vision Zero plan as a roadmap for this all-community effort to make our streets, trails, and pathways safer and will be tracked through regular assessment and reporting.

Since then, the County staff developed a five-year action plan to work toward our goal of zero serious injuries or fatalities on our transportation system by 2030.

Please join us on March 3 @ 7:30 p.m. to learn about the county's progress towards this goal. For more information about Vision Zero, please visit the county website: tinyurl.com/vzmar25a



Gerald Martineau's photos, displayed to the right and above, showcase the variety of weather we experienced in February.

On the right, residents Riley Krohl and Harper Lynch make their way sledding down South Jefferson Street toward the 2nd street intersection.

Above that, the Moses-Ball Spring stands out, captured before the snowfall. Learn more about the spring on page 4 in the ANP update.



President's Corner

by Brandon Hemel, GCA President



How building a neighborhood community is like baking bread

I'm a little late to take on bread baking as a hobby. About five years late, I guess. Over the pandemic, I was making homemade ice cream, homemade pickles, and homemade pumpkin butter but I

left the baking to my wife.

This changed in January during that big snowstorm due to two things; (1) I recently subscribed to the America's Test Kitchen app and (2) we realized we were almost out of bread.

Since then, I've made white and wheat bread. Later on, when we couldn't find pizza dough at the store, I've made pizza dough for both cast iron pizza and strombolis.

My family really likes the bread, and I feel slightly healthier, especially from the wheat bread as I try to cut out those Simple Carbs my doctor warns me about. The pizza was really good but the stromboli still needs work.

This morning I set out to make a loaf of white and a loaf of wheat so I began measuring out my ingredients from two different recipes, figuring out which to start first based on how long each will need to proof in the oven (I love the Bread Proof setting on my oven) and which will need to be rested in the mixing bowl longer before it gets moved to a loaf pan.

During the final stage of baking I saw where I must've made a mistake because the wheat bread looks perfect, but the white bread is a little misshapen. (pictured below)

Now you may be thinking, how does this relate to building a community?

Well, here's the thing. There are many recipes out there for making many types of bread, all are very similar (flour, yeast, sugar, water, oil, salt) but what you add transforms the flavor and consistency of the final product. In some ways, the process of baking bread is almost like magic!

Neighborhoods are like that, too! On paper, they are just collections of people who live in proximity to each other, but you need a recipes and ingredients to make it happen.

For bread to rise, you need three basic ingredients: yeast, sugar, water. Add flour, mix in your KitchenAid or bread machine BUT you can't rush it, the dough needs time to rest to rise. And then, a transformation occurs when you bake it as it changes from a soft dough to loaf of tasty goodness.



The formation of a neighborhood requires more than just a leader...

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Stream Clean-up & Hot Dog Roast – March 8

By Brandon Hemel

Let's get outside and help clean our watershed. The GCA will host a Hot Dog and Marshmallow Roast in conjunction with the Annual Four Mile Run Stream Cleanup on Saturday, March 8. Trash bags and plastic gloves will be available for volunteers by the Glencarlyn Park 3rd Street picnic pavilion starting at 9 a.m. We are looking for as many volunteers as possible. An adult must accompany any volunteer under 18 years old.

The Hot Dog and Marshmallow Roast starts after the cleanup, at the 3rd Street picnic pavilion. In addition to our "Stream Cleaners", **we are looking for a few volunteers to assist Brandon Hemel with the Hotdog and Marshmallow Roast, as well as distribution of supplies.**

Sign up at tinyurl.com/cleanupmar25a or contact Brandon at GCA_Brandon@outlook.com

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Visit our website at [glencarlyn.org](https://www.glencarlyn.org)

The Glencarlyn Facebook group is not affiliated with the Glencarlyn Civic Association

Free Pancake Supper

Tuesday, March 4th 5:30 to 7 pm

Join in a community wide family friendly Mardi Gras dinner of pancakes with sausage, apple sauce, non-alcoholic drinks, music and activities for the kids.



You are welcome to bring something to help stock the Little Free Food Pantry.

Hosted by St. John's 415 S. Lexington

Little Free Food Pantry

Glencarlyn's LFFP is getting a lot of use. The items most needed are:

Canned tuna or chicken, cereal, peanut butter, dried beans, rice, pasta and spaghetti sauce.

More info is at stjohnsarlingtonva.org

Concerned about road safety?

By Colleen Lunsford

Join the GCA's Road and Pedestrian Safety Committee, and help make our community a safe place to live, drive, bike, and walk!

The next meeting of the Committee will be on March 19 at 7:30 p.m. at Carlin Hall with an option to join virtually. We'll be talking about recent efforts that Arlington County has undertaken along Carlin Springs S and identify goals for the Committee to achieve road safety, building on the tremendous work and efforts that many neighbors have been undertaking for years. We'll also brainstorm opportunities to engage with community leaders and county officials who can help us achieve a safe community for our children and neighbors. All perspectives and ideas are welcome.

Reach out to Colleen Lunsford at lunsfordic@gmail.com to get more details.

Upcoming GCA Meetings

By Brandon Hemel

The Glencarlyn Civic Association (GCA) meets at 7:30 p.m. in Carlin Hall on the first Monday of most months. From time to time, we also hold special meetings to discuss important topics that affect our community. The scheduled March – May 2025 meetings are below:

- March 3 – Arlington County's Vision Zero Team/ Pedestrian Safety
- April 7 – VHC Health Wellness Center update: Adrian Stanton & Arlington County Staff / GCA Nominating Committee Report
- May 5 – Sarah Tracey - Arlington County Director of Public Engagement / GCA Executive Committee Elections

The GCA wants to explore a hybrid meeting structure but needs your help to do so. If you have a webcam and mic and can volunteer your time to attend the evening meetings, please email Brandon at GCA_Brandon@outlook.com

Arlington Neighborhoods Program (ANP) Update

By Kathy Reeder, Arlington Neighborhoods Advisory Committee (ArNAC) Delegate; Photos by Gerald Martineau

Manchester St. and 2nd St. S. – Clear construction timeline not yet available

This funded project will improve the wooded area at the west end of the Kenmore Middle School property, as well as the S. Manchester St. entrance and frontage, the 2nd St. S. dead end, and the east side of S. Manchester St. Ryan Donlon, whose home is adjacent to the project area, is the block representative.

Construction is estimated to begin in early 2025 but a clear construction timeline is not yet available. The procurement package is being prepared, to be followed by the advertising process. All property easements have been acquired, including those for Arlington Public Schools property.

County staff are close to finalizing a landscape owner's manual for the 2nd St S & S Manchester pollinator garden. It will provide volunteers and interested residents with general and seasonal specific maintenance, including guidelines and facts for each plant. Staff finalized the text for the garden's educational signage. They are working on a website to provide garden and maintenance information, including translations, via a QR code on the signage.

IPC, the invasive control contractor hired by Arlington County, will continue the yearly fall and spring treatments in spring, 2025. Wetland Studies and Solutions, a consulting firm hired by the county, has completed a tree survey. They will evaluate trees for removal, pruning or retention once the invasive treatments are complete.

Information about the project is available at tinyurl.com/anpmar25a and on the Glencarlyn.org website under ANP Activities.

Neighborhood Signs Maintenance and Relocation – Installation schedule affected by weather

For Glencarlyn, this project will replace the existing neighborhood signs at Arlington Blvd./S. Carlin Springs Rd., and at 5th Rd. S./ S. Carlin Springs Rd. The design will remain the same. The sign located at S. Manchester St./ Arlington Blvd. will be replaced and relocated.

Manufacturing of the replacement and relocated signage is underway. Weather conditions have delayed a final schedule for Installation of the two replacement signs. Timing for installing the relocated sign is still to be determined.

Moses Ball Spring Area Restoration and Ecological Improvement – watch the video!

At the February GCA meeting, Kathy Reeder presented an overview of the GCA's proposed ANP project to restore the Moses Ball Spring area, located at 601 S. Carlin Springs Rd. The project will consider the spring's historical and cultural significance and the need for ecological improvement. A working group of neighborhood residents is being formed to meet with the ANP planner to help



Moses Ball Spring

scope the project. Steve Young, Glencarlyn resident and member of the working group, has produced a short video showing the site and explaining the project. Take a few minutes to enjoy this thoughtful video and acquaint yourself with a unique location that needs our help: tinyurl.com/anpvida. If you have questions or are interested in joining the working group, please contact Kathy Reeder (kathleenreeder@comcast.net).

Background on redevelopment plans for the overall site at 601 S. Carlin Springs Rd. can be viewed on the county's website: tinyurl.com/anpmar252a. The Glencarlyn, Forest Glen and Arlington Mill neighborhoods have formed a committee to monitor and provide input on these plans.

If you have questions, please contact Kathy Reeder at kathleenreeder@comcast.net

Cleanup at Moses Ball Spring



Explore Arlington's Role in the Civil War and More This Spring

By Steve Lesueur

The Glencarlyn Library Speakers program, co-sponsored by GCA's Supporters of the Glencarlyn Library, will begin its spring season on March 18 with an in-depth look at Arlington's unique role during the civil war. All events are on Tuesdays and run from 7 – 7:45 p.m. at the Glencarlyn Library. The schedule of spring programs is as follows:

March 18: "In Defense of Freedom." Peter Vaselopulos, vice president of the Arlington Historical Society (AHS), will speak about Arlington's unique role in the Civil War. The county's strategic location required Union soldiers to build fortifications known as the "Arlington Line" to protect the nation's capital. These forts and camps also had an unintended purpose: they provided refuge for enslaved people seeking freedom. During the war, thousands of African Americans settled in

Arlington. Many worked for the U.S. Army, and some eventually joined the newly formed United States Colored Troops (USCT).

April: No program.

May 20: "Glencarlyn and the Hunt for a Russian Spy." Alonso Abugattas, a Natural Resources Manager for Arlington County, will discuss the role of the Long Branch Nature Center in trying to help the FBI capture Robert Hanssen, the FBI agent who spied for Soviet and Russian intelligence services against the United States from 1979 to 2001.

June 17: "Cultivating Your Family Tree." Representatives from the National Genealogical Society and FamilySearch will discuss the research assistance, online resources, education, and other genealogical services they offer to both beginners and experienced genealogists. Learn about the benefits and satisfaction of tracing your family's genealogy.

Community Yard Sale

By Brandon Hemel

Did you get a holiday gift that you don't really want? Are you overwhelmed by toys that no one plays with anymore? Do you need to make space in your home – then you are in luck – the Glencarlyn Community Yard Sale is tentatively planned for May 17. Once again Blair Robertson has agreed to organize the event, HOWEVER, we always could use a few more volunteers to help out. If you are interested in having the yard sale AND are willing to help organize it with Blair, please contact Brandon Hemel at GCA_Brandon@outlook.com or 703-447-7687

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How ANV Helps Older Adults Live Independently

By Brandon Hemel; photo by Gerald Martineau

The Arlington Neighborhood Village (ANV) started over ten years ago, inspired by Glencarlyn residents who wanted to age within their community. From a small idea, it has grown to over 400 members and 285 active volunteers providing a variety of services such as errands, transportation, household help, technology assistance, and social activities to reduce isolation among older adults. Members pay a yearly fee which helps cover operating expenses.

ANV's mission is to enable older adults to live safely and independently in their homes and communities by providing support services and social programs. It serves diverse members across Arlington, ranging in age from 58 to 102, and represents various cultural and economic backgrounds. The village model, which began in Boston's Beacon Hill in 1999, emphasizes neighbors helping neighbors through community-based, grassroots support.

The Glencarlyn Civic Association hosted a February meeting featuring Wendy Zenker, ANV President, who discussed ANV's impact and future goals. ANV has fulfilled 22,000 service requests, driven over 75,000 miles, and volunteered 75,000 hours since its inception. The COVID-19 pandemic accelerated outreach efforts, especially in lower-income communities. ANV's volunteers pay for their own gas and have helped 817 people.

ANV seeks volunteers for various roles, emphasizing the

importance of reducing isolation for older adults. The organization offers a membership fee with a discounted option for low-income individuals, reducing fees by up to 100%. As of now, 455 older adults are members, with most being 75 and older, and 66% living alone. ANV's services include transportation, errands, household chores, tech assistance, and social engagement activities. Volunteers, along with a small staff, coordinate the efforts and ensure smooth operations.



Wendy at the Feb. GCA meeting.

The Neighborhood Ambassador program was recently introduced to help residents better access services available in Arlington. Community ambassadors are embedded in local organizations and associations to act as trusted sources of information about available services, including transportation options, library services, and more. This initiative aims to raise awareness and ensure that older adults and their families are informed about the resources that can help them live independently and stay engaged in their communities.

Dixie Duncan, a longtime Glencarlyn resident, is our Neighborhood Ambassador – she can be reached at 703-919-0570 or dixieduncan94@gmail.com. For more info about ANV, please visit anvarlington.org or email Wendy Zenker at wendyzenker@anvarlington.org.



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Update on the Little Free Food Pantry

By The Rev. Mary E. Cushing, Deacon at St. John's

The Glencarlyn Little Free Food Pantry is hosted by and located in the St. John's parking lot. It has become a focal point for community outreach efforts. Neighbors have generously helped keep it supplied with both in-kind and monetary donations. A dedicated group of parishioners checks on the pantry almost daily and manages the supplies. Precise information on the pantry's usage is elusive, given that it's accessible around the clock and that donations are sometimes dropped off directly there. However, the speed with which items are taken suggests the pantry is meeting a genuine need.

Items that are regularly in high demand include canned protein (tuna or chicken), cereal (both cold and oatmeal), ready-to-eat meals (such as Beef-a-roni), ready-to-eat soup, pasta, spaghetti sauce, shelf-stable milk, water, dry lentils and beans, plain rice,

peanut butter, and crackers. Donations of such items would be especially welcome. Anything can be left in the drop-off box at the parish door on S. 5th Street (but no glass containers, please).

Keeping the pantry in good condition has had its challenges. Winds damaged a door that has since been repaired and reinforced. Some loss of food has occurred with items being opened, poured or spread around, or cans dented, burst open, and left on the ground. Such mischief is a loss to those who rely on the pantry offerings, and it's troubling to the neighborhood to see things go to waste and create mess.

St. John's welcomes additional neighborhood participation and feedback! Please contact Deacon Mary Cushing, deaconmaryc@gmail.com, to get involved or provide input. There is more information at stjohnsarlingtonva.org.

President's Corner, cont.

Continued from page 2

[The formation of a neighborhood requires more than just a leader], represented by yeast; it also needs the participation of volunteers, symbolized by sugar and water, as well as the presence of neighbors, depicted by flour. You need warmth to activate the mixture, and you need time to let the dough rise. If you bake it too early or cook at the wrong temperature, it may not turn out exactly how you expect it.

When the founders of Glencarlyn first drew out the plots for our streets, they set out the recipe. And now it is in our hands as leaders, as community members, as FRIENDS, to combine flour, water, yeast, oil, and sugar.

As new neighbors move in, the recipe may get modified, and we find new flavors to enjoy but, it is up to us to bake the bread at the right temperature and make the magic happen.

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View from the Garden

Spring Ephemerals

By Extension Master Gardener Linda Carney; Photos by Linda Carney

The days are getting longer, and I've noticed some of the trees and shrubs taking on slightly more color (or maybe that is wishful thinking). Spring is on its way, and with it comes the emergence of some of our bulbs (although a more accurate term is "geophytes"). Geophytes are perennial plants that store water and nutrients in underground organs such as bulbs, corms, tubers or rhizomes. Some common examples include potatoes, onions, carrots, ginger, garlic, daffodils, hyacinths, crocuses, and tulips. The geophytes I'm talking about however are our native geophytes known as spring ephemerals.

Our native spring ephemerals are amazing plants. They grow, bloom and set seed in a brief period after the ground has thawed, but before the trees and shrubs have leafed out and block the sun. They then die back and spend the remaining seasons as underground organs to avoid heat and drought. The flowers will close at night and also on cloudy days to protect their pollen and/or nectar. They attract pollinators with nectar guides on petals, bright colors or subtle scents, and some will self-pollinate if no insects come to visit.



Virginia Bluebells
(*Mertensia virginica*)

Probably the most familiar native spring ephemeral is the Virginia bluebell (*Mertensia virginica*). They grow best in moist, humus-rich soil and sited in shady or partially shady spots. The sky-blue spring flowers will, over time, spread by seed to form large drifts. Since their foliage dies back after blooming, plant them under deciduous shrubs or among ferns or other perennials, that will fill in the gaps left after the bluebells wither.



Virginia spring beauty
(*Claytonia virginica*)

The Virginia spring beauty (*Claytonia virginica*) lives up to its common name. The delicate, star-like pink to white flowers have pink veins that guide pollinators to its nectar. They grow well in shady areas and can look great naturalized in a shady lawn. Their flowers attract our native Spring Beauty minor bee. While you would need a lot to create a full meal, their underground tubers (corms) are edible!

The symmetrical flowers and foliage of this next ephemeral make it another favorite. The Trillium (*trillium sp.*) is named for its "three-ness" - 3 petals, 3 sepals, 3 leaf-like bracts, 6 stamens, 3 stigmas, etc. There are 2 main forms - pedicellate (flowers on short stalks), and sessile (flowers sit directly on top of the leaves). There are approximately 48 species worldwide, 38 of which are found in North America, with the greatest concentration of these found in the eastern US.



Trillium (sessile form)
(*Trillium cuneatum*)

These are just a few of the numerous spring ephemerals we can grow in our own gardens. If you want to add these early bloomers, now is an ideal time to look for them in native plant nurseries since they will be dormant the rest of the year. Planting spring ephemerals will help our early pollinators as well as give your garden a jump start with early spring blooms. More information on these and other spring ephemerals is available at tinyurl.com/gardenmar25

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Clark Quattlebaum, 12 - Parent's Helper; Dog Sitter; Dog Walker; Cat Sitter; Other types of animals Sitter; Plant Sitter; Soccer Training - (703) 725-1826

Maggie Reed, 14 - Parent's Helper; Dog Sitter; Cat Sitter; Other Types of Animals Sitter; Plant Sitter; CPR Certified Babysitter; Rake Leaves; Shovel Snow - 202-309-8511

Harley Seidel, 15 - Parent's Helper; Dog Sitter; Dog Walker; Cat Sitter; Other types of animals Sitter; Plant Sitter; House Sitter; Babysitter - (917) 214-8540

Peyton Seidel, 14 - Parent's Helper; Dog Sitter; Dog Walker; Cat Sitter; Other types of animals Sitter; Plant Sitter; House Sitter; Babysitter - (917) 214-8540

To be listed, please fill out the form at tinyurl.com/kidsforhire or email gcaeditorial@gmail.com



Please pay your 2024-2025 GCA Dues—\$15

Your dues to the Glencarlyn Citizens' Association help fund the Glencarlyn Day events, holiday parties, picnics, *Village View* newsletter, the *glencarlyn.org* website, our neighborhood directory, and much more. Dues are for July 2024 through June 2025.

Name _____

Phone _____

Address _____ email _____

Please send me Glencarlyn Updates since I am not currently getting them _____ (Yes or leave blank)

I would like to volunteer for one of the upcoming Glencarlyn events: _____ (Option to add event name)

Make checks payable to **GCA** and send to: **Tim Aiken, Treasurer, 111 S. Kensington St., Arlington, VA 22204**

or pay online: glencarlyn.org/association-information/gca-dues-payments

If you aren't sure if you paid, contact Tim at 703-820-0084.



Use your smart phone's QR reader to scan & go directly to our website





On Feb. 1, a packed house at the Glencarlyn Library enjoyed a captivating program from a clarinet and strings quintet. The music featured an original piece by violinist Kyle Simmons, inspired by a carpool chat with CNN correspondent and clarinetist Karin Caifa. All musicians are current or past members of the DC Concert Orchestra Society, which brings a diverse range of symphonic music to the area.

Top photo by Christopher George, bottom photo by Erika Ramos.



Fun, Art, and History Await You at the Glencarlyn Library

These are the featured March events at the Glencarlyn Library

Teen Calligraphy Club is on March 4 and March 18 at 5:00 p.m. Registration requested. Calling all creative and artsy tweens and teens! Interested in the art of calligraphy? Stop by every other Tuesday to learn and practice different hand lettering techniques. Each session, we will provide materials and instructions to create a different craft.

Family Game Night at Glencarlyn is on March 11 at 5:30 p.m. No registration required. Play Board Games with Family and Friends! Join us for a night of classic and easy-to-learn card and board games on the second Tuesday of the month. You can also bring your own games if you prefer. Try new games and meet new people. All are welcome.

Vision Boards for 2025 and Beyond is on March 14 at 1:00 p.m. Limited space is filled on a first-come, first-served basis until event capacity is reached. For grades 6 - 12. There is no time like the present to start shaping your future. Create a vision board using a variety of art tools, magazine pictures, or your own drawings to determine the goals you are shaping for yourself now and in the future.

Arlington and the Civil War: In Defense of Freedom is on

March 18 at 7:00 p.m. For adults; registration recommended. At the start of the Civil War in 1861, Arlington was at the center of a significant military conflict. Discover more about this unique chapter of Civil War history. Cosponsored by Glencarlyn Civic Association and Arlington Historical Society (AHS).

Artist Talk: Sculptor Ken Beerbohm is on March 24 at 6:30 p.m. Registration recommended. Share the love of art and environment! Join us for an enchanting evening with local sculptor Ken Beerbohm at Glencarlyn Library! Ken will share his passion for creating sculptures inspired by nature, showcasing his whimsical take on life. Don't miss this unique opportunity to meet Ken and explore his delightful creations! For all ages. Bring your questions and enjoy some light snacks.

Glencarlyn Book Club: "Invisible Women" is on March 25 at 6:45 p.m. For adults; registration recommended. Let's talk about books at Glencarlyn Library! Join us at the Library for a book discussion on "Invisible Women" by celebrated feminist advocate Caroline Criado Perez who investigates the shocking root cause of gender inequality and research in Invisible Women, diving into women's lives at home, the workplace, the public square, the doctor's office, and more.