



COMMUNITY UPDATE

June 2007

COMMUNITY MEETINGS/EVENTS

Board of Directors Meeting

Tuesday, July 24, 7pm at the Cameron Club. Resident Open Forum is second item on agenda. All residents are welcome.

Town Hall Meeting and Ice Cream Social

Sunday, August 19, 2-4pm. Pick up a free ice cream treat at the gazebo in Cameron Circle and then join your neighbors and members of the Board of Directors at the Town Hall Meeting inside the Cameron Club.

FREE CAMERON PERKS EVENTS

Free live music every Friday and Saturday night. Check out www.cameronperks.com for details.

FREE SUMMER EVENTS IN BRENMAN PARK

Concerts in the Park

Wednesday, July 11, 7pm: Mokihana & Ka Hui Shana Hula

Wednesday, July 25, 7pm: Mr. Don (children's entertainment)

Film Festival

Refreshments available for purchase starting at 7pm; movies at dusk.

Friday, July 27: Happy Feet

Saturday, July 28: The Devil Wears Prada

Sunday, July 29: Night at the Museum

Cambodian Festival

Sunday, August 26

WEST END CITY COUNCIL CANDIDATES FORUM

Thursday, July 12, 7pm, at Beatley Library. The event is sponsored by several West End civic associations and other organizations. All residents are welcome. Candidates will arrive at 6:45pm to meet residents before the event starts. Refreshments will be provided.

THE 2ND ANNUAL RUNSLIM ROCK N' RUN 10K RACE

Saturday, July 21, 8am, through the West End of Alexandria, including Ben Brenman Park. View a course map and register online at: www.runslim10k.com or in the lobby of Patrick Henry Elementary School on Taney Avenue, 7-8am on race day. A portion of the profits will be donated to the Alexandria Department of Parks, Recreation and Cultural Activities. Last year nearly 400 runners ran the 6.2 mile course.

INTERNATIONAL NETWORK PARTY

Cameron Station neighbors are organizing an International Network Party for Saturday, September 22, at 7pm in the Great Room at the Cameron Club. The first planning meeting will be held on Wednesday, July 18, at Cameron Perks. If you are interested in learning about other cultures, traditional dishes, networking, etc., please attend the planning meeting. For more information, contact evelynbrooks@comcast.net or carrillo.susana@gmail.com.

POOL NEWS

Swimming Classes

Three sessions of swimming lessons are being offered this summer. Session 1 began Monday, June 18, and runs through Saturday, July 7; Session 2 runs from Monday, July 9, through Saturday, July 28; and Session 3 runs from Monday, July 30, through Saturday, August 18. There are two "Baby and Me" classes and three different levels, starting with elementary aquatics all the way up to a skill-building lesson. The swim lessons are Red Cross certified.

Also offered are two Saturday-morning water aerobics classes starting on July 14 and running through September 1. "Aqua Jocks, Shallow Water" is a high-energy, fast-paced aerobics class simulating movements from land sports activities. Aqua Jocks begins at 8am. "Aqua Pilates" is a water workout that uses the principles of land Pilates and Yoga and will increase flexibility, improve balance and develop the core muscles of the abdominal and back region. Aqua Pilates begins at 9am.

Lane Marker at Pool

After receiving several complaints on both sides of the issue between having the lane marker installed for lap swimming or not, the following procedure will be in place for the remaining pool season.

Based on the pool management's statistics, the peak usage of the pool is Saturdays and Sundays, 12noon-6pm. Century Pools has been instructed to remove the lane marker on Saturdays and Sundays, 12noon-6pm, to accommodate the volume of patrons at the pool. Residents interested in having the lane marker in place for lap swimming will have the opportunity to do so Monday through Friday, 6am-8am and 11am-8pm. On Saturdays and Sundays, lap swimmers may have 10am-12noon, 6pm-8pm and the last 15 minutes of every hour when all children must exit the pool, except when participating in WTS swimming lessons.

GROUP EXERCISE CLASSES

The current session of classes began the week of June 25 and runs for eight weeks. As always, drop-ins are welcome for a \$10 fee.

TOT LOT UPDATE

The Brenman Park Tot Lot will be under construction throughout the month of July. Work on the area includes grading, excavation, installation of play equipment and rubberized play surface, and creation of an asphalt path through the tot lot. Work will conclude (weather permitting) the final week of July. Please check www.cameronstationcivicasociation.org for a more complete timeline.

IT'S MOSQUITO TIME!

The most effective way to control mosquitoes is to eliminate or treat the standing water where mosquitoes lay their eggs and their larvae live and grow. Mosquitoes need only a few tablespoons of water to breed. If you have a birdbath, please be sure to change the water or flush it out using a garden hose at least once a week. Don't let water accumulate in dishes underneath flower pots or in any other containers in your yard or around your house. Keep gutters free of leaves and debris so water flows freely and does not accumulate. Be sure corrugated downspouts are angled correctly so they don't collect water in their grooves.

OUR NEIGHBORS RECOMMEND

A reminder that the list of vendor recommendations has grown to such a large size that it can now be found only on the Cameron Station web site, www.cameronstation.org, under "Resident Postings." If you do not have a password to access this site, please contact Amanda Lukas at alukas@cmc-management.com. If you would like to submit recommendations for this list, please e-mail thecompass@cameronstation.org.