

# The ompass

Newsletter of the Cameron Station Community Association, Inc.

Volume 16 Issue 2 • Mar/Apr 2015



## CSCA 2015 Resident ID Deadline Approaching!

*By CSCA Staff*

To ensure equitable use of the Cameron Station Shuttle Bus and the Cameron Station Facilities (Fitness Center, Basketball Court, and Pool), all users must show their 2015 CSCA Resident ID upon entry as of April 1, 2015; otherwise, access will be denied.

If you have not already retrieved your 2015 Resident ID sticker, please do so by stopping by the Cameron Station Community Association Management Office located in the Cameron Club at 200 Cameron Station Boulevard. Office hours are Monday through Friday, 9am-5pm, and Saturday, noon-4 pm. If you are unable to visit the office during these hours, please call the staff at 703-567-4881 to make alternate arrangements.

When re-registering, if you're not receiving Cameron Station's email blasts, please provide your email address to be added to that service. You can also sign up for the fitness center email blasts. Staff will verify current residency, prior to issuance of 2015 items.

## Preparation for Pride of Ownership

*By Susan Willis*

As I write, the temperature is 15 degrees, with 0 degree wind chill, but by the time you read this, I'm SURE spring will have arrived! That should make it easier to think about spending some time in the yard to prepare for the Pride of Ownership Awards in late May. This annual event encourages the beautification of our community and enhances the value of all Cameron Station residences; thus, the Common Area Committee encourages all homeowners to participate.

You can nominate your neighbors, yourself, or both for this important award, based on the outward appearance of the property, including: turf condition, groomed shrubs and trees, and aesthetically pleasing, weed-free garden areas.

Nominations should be received by May 20 at [commonarea@cameronstation.org](mailto:commonarea@cameronstation.org). Judging will take place soon after, and the winners notified. Interested in sponsoring prizes for our worthy winners? Please contact the CAC at the above email address. Thanks to all for your participation and enthusiasm!



# Tucker School News

By Pamela DeNunzio

Tucker Tigers are on Spring Break March 30-April 3. Due to our modified school calendar, Intersession will start April 6 and run for two weeks before normal classroom instruction begins again. Many students will attend Intersession for fun classes in cooking, travel, and sports. Other students will benefit from additional classroom time in subjects they need assistance in. Tucker families love our modified schedule due to the benefits it provides.

As we enter spring, we would like to ask for help from the local community. Many of our families are in need, and continue to be throughout the year. We are asking for grocery store gift cards and new spring clothing for boys and girls grades K-5. As summer approaches, we will accept donations of "summer

bag" goods. These bags will be grade- and age-specific, and we hope to send many needy students home with bags of summer items and activities. If you are interested in helping with the "summer bag," please contact [tuckertigersroar@gmail.com](mailto:tuckertigersroar@gmail.com). Other items may be dropped off to the school main office during the hours of 8am-3pm.

Alexandria Book Shelf is still up and running in the Tucker library. We are always accepting new or gently used books (no board books, please) for our bookshelf. ABS helps get books into the hands of students who would otherwise not have access. Thank you to those who have already donated. We had a recent drop-off of four boxes of books which helped keep our bookshelf stocked and well-used. Thank you!

Also, thank you for keeping your speed down in Cameron Station, and for respecting our crossing guards, who help keep the students, and you, safe each school day.



Photo by David Thorpe

## About . . . *The Compass*

*The Compass* is the newsletter for the Cameron Station Community Association and is run entirely by volunteers.

*The Compass* welcomes your articles and photo submissions, as well as your suggestions for future issues.

Please send us an email at [TheCompass@cameronstation.org](mailto:TheCompass@cameronstation.org).

Previous issues of *The Compass* are available online at [www.cameronstation.org](http://www.cameronstation.org).

Go under the "News" tab on the home page and click on "Community Communications" on the left hand side.

**Editor-in-Chief:** Melanie Zimmerman

**Editorial Staff:** Carla Besosa, Judy Coleman, Lily Engle, Scott E.Z. Franklin, Nicole Gauvin, Maya Noronha, Jamie Riedy, Debbie Routt, and Pat Sugrue

**Recurring Contributors:** Susan Birchler and Paula Jarvis

**Photographer:** David Thorpe

# Committee Corner

HARD AT WORK ON BEHALF OF OUR RESIDENTS

## Board & Committee Meeting Dates

Apr. 7: Activities & Events Planning Committee (1st Tues.)  
Apr. 7: Architectural Review Committee (1st Tues.)  
Apr. 9: Cameron Club Facilities Committee (2d Thur.)  
Apr. 13: Common Area Committee (2d Mon.)  
Apr. 20: Communications Committee (3d Mon.)  
Apr. 23: Financial Advisory Committee (Thur. prior to BoD)  
Apr. 28: Board of Directors (4th/last Tues.)  
May 5: Activities & Events Planning Committee (1st Tues.)  
May 5: Architectural Review Committee (1st Tues.)  
May 11: Common Area Committee (2d Mon.)  
May 14: Cameron Club Facilities Committee (2d Thur.)  
May 18: Communications Committee (3d Mon.)  
May 21: Financial Advisory Committee (Thur. prior to BoD)  
May 26: Board of Directors (4th/last Tues.)

## BOARD OF DIRECTORS

([boardofdirectors@cameronstation.org](mailto:boardofdirectors@cameronstation.org))

Michael Johnson, President  
Igor Dubinsky, Vice President  
Megan Brock, Treasurer  
Paul Rocchio, Secretary  
Jon Dellaria, Director  
Donna Kenley, Director  
Paul Rocchio, Director  
Brian Sundin, Director

Meetings are the last Tuesday of every month, unless otherwise indicated.

## CSCA COMMITTEES

### ACTIVITIES & EVENTS PLANNING COMMITTEE

[events@cameronstation.org](mailto:events@cameronstation.org)

Radhika Goel - Chairperson

### ARCHITECTURAL REVIEW COMMITTEE

[arc@cameronstation.org](mailto:arc@cameronstation.org)

Elizabeth McAlee - Vice Chair

### CAMERON CLUB FACILITIES COMMITTEE

[facilities@cameronstation.org](mailto:facilities@cameronstation.org)

Ray Celeste, Jr. - Chairperson

### COMMON AREA COMMITTEE

[commonarea@cameronstation.org](mailto:commonarea@cameronstation.org)

Robert Burns - Chairperson

### COMMUNICATIONS COMMITTEE

[communications@cameronstation.org](mailto:communications@cameronstation.org)

Donna Gathers - Chairperson

### FINANCIAL ADVISORY COMMITTEE

[fac@cameronstation.org](mailto:fac@cameronstation.org)

Jeff Gathers - Chairperson

## Activities & Events Committee

### Upcoming Events

Upcoming Events

Apr. 11: Spring Yard Sale (Rain Date: Apr. 25)

Apr. 15: Poker Night

Apr. 17: Adult Happy Hour

(Theme: Austria and Zimbabwe)

May 2: Kentucky Derby

May 15: Family Happy Hour

(Theme: Cuba and Cinco de Mayo)

May 20: Poker Night

Jun. 12: Snow Cones at the Pool

Jun. 17: Poker Night

Jun. 19: Family Happy Hour

(Theme: Italy and Portugal)

Jun. 26: Cotton Candy at the Pool

More details will be posted closer to event dates. The committee invites you to suggest opportunities for events or activities - email suggestions to: [events@cameronstation.org](mailto:events@cameronstation.org).

## Activities & Events Planning Committee

By Radhika Goel



In January, the Cameron Station Activities and Events Planning Committee hosted the first monthly Poker Night! Poker Night is held the third Wednesday of each month and is

an Adult Bring Your Own Everything (Dish + Beverages) event with a beginner's poker table for those wanting to learn how to play, and two additional tables for experienced players. Each player is given \$100 in chips to start. The player at the end of the night with the largest amount of chips wins a gift card and is entered into the end-of-the-year tournament. The winner of the year-end tournament will have his/her name mounted on a plaque or trophy to be displayed in the Cameron Station Clubhouse.

The International Wine and Food Potluck held on January 23, was a big draw, attracting over 55 residents for ethnic food, cultural celebration, trivia, and music from all over the world. The wide variety of dishes, spread across five tables, included a Moroccan chicken dish cooked by Lenore Marema. It takes a community to make events successful,



(Continued on Page 4)



## Activities & Events Planning Committee

(Continued from page 3)

and we were able to pull off the event due to the hard work of volunteers and committee members. The following volunteers and committee members need to be especially thanked: Pennie Aldrich, Rich and Norma Vargus, Joani Myers, Al Luna, Jonathan Lucas, Susan Hughes, and David Woodhead. Lest we forget, several enthusiastic gals – Sandra Troutman, Sharon West, Beth McCoy, and Elisabeth Maher – helped us collect and take down international decorations.



The Cameron Station Super Bowl Party was held on Sunday, February 1. The event was attended by 42 residents on an icy, sleeting, windy night. It featured Super Bowl Trivia (the winner received an AMC \$25 gift card), the big game, and everyone enjoying a wide variety of drinks, popcorn, and food supplied by community members.

Several fun activities were organized for the Cameron Station Chinese New Year Happy Hour held on Friday, February 20. More than 40 residents of all ages shared their spirit and celebrated the evening. They enjoyed a variety of drinks and yummy Chinese, and non-Chinese, bites while answering cultural trivia questions to win a variety of prizes. Much to the delight of several residents, the Happy Hour included blooming Chinese Green Tea with Pomegranate flavor. Chinese style dress and red-colored outfits were prominent among the residents attending. Chinese dragons, lanterns and fans, and other traditional décor added a festive look to the room.



Additional volunteer opportunities are available to coordinate events. High school students fulfilling community service requirements are welcome to volunteer. For additional information, please contact [events@cameronstation.org](mailto:events@cameronstation.org).

## Cameron Station Website

By the Communications Committee Staff

Have you checked out the vastly improved community website, [www.cameronstation.org](http://www.cameronstation.org)? After months of development, the Communications Committee and Cameron Station Community Association's Management Team announced the launch on February 1. Don't worry... logon information and preferences remain the same! The Communications Committee worked tirelessly to design the website with a fresh new look and user-friendly navigation, and to update it with the latest information. We hope you find it more appealing and easier to navigate. If you have any comments or suggestions, please send them via the feedback tab. The website now displays Cameron Station as the uniquely charming, and welcoming, community we know and love!

## Cameron Club Facilities Committee

By Ray Celeste

The Board of Directors recently established an Ad Hoc Committee for the renovation of our pool and pool deck. The committee chair is former Board of Directors member, Alvin Boone, who was the project manager for our clubhouse renovation. The Committee met February 14, and was briefed by our current maintenance contractor, High Sierra Pools. The Committee took a tour of the entire pool complex, including storage rooms, pump rooms, and the pool deck and perimeter. Everyone was amazed at how much you can see when the pool furniture is off the deck and no people are splashing around. If you would like more information about this committee, please contact Alvin Boone at: [mrvinn21@gmail.com](mailto:mrvinn21@gmail.com).

The survey found on page 6 of this newsletter will be sent electronically, but for those without internet access, you may tear out that page and return it to the fitness desk.

## Board of Directors Meeting Recap

By Debbie Routt

The monthly Board of Directors meeting of the Cameron Station Community Association (CSCA) took place on Tuesday, February 24, in the Cameron Club Henderson Room.

Alexandria Police Department Deputy Chief Eddie Reyes, liaison to Cameron Station, was a guest speaker. Chief Reyes provided a recap of police-related activity in the community, in both January and February. A robbery, reported last month, has been officially "closed." Larcenies represent the top issues for the area: packages stolen from porches, parked car windows broken and items removed, as well as, one case of auto vandalism.

As a reminder, residents should lock their vehicles when parked on the street or in a driveway; similarly, residence doors and windows should be closed and locked, both for safekeeping and to deter theft. If you are not going to be home when you expect package delivery, give instructions to the shipper to send or forward packages to a location where someone is expected to be during the day, perhaps with a neighbor, or to your work address. Alternatively, consider a convenient access point, for easy and secure parcel drop off.

Per the parking policy, residents are required to register their vehicles with Cameron Station and display a Cameron Station resident decal. You can complete the Vehicle Registration Form, found on the Cameron Station website, for new or replacement vehicles, and submit it to the management office.

Consider attending the next CSCA Board of Directors meeting, scheduled March 31 at 7pm. The agenda includes a Resident Open Forum at the start of the meeting, so residents can comment or ask questions.

# A Bit of This and A Bit of That

## Maine Avenue Fish Market

By Melanie Zimmerman



One of the oldest (over 200 years!), continuously operating, open-air seafood markets in the US, the Maine Avenue Fish Market in DC is 17 years older than the Fulton Fish Market in New York City. The market area was built and open by January 1, 1805, then razed in the 1960s and moved a few blocks to its current location. Today, permanent barges are docked along the Southeast waterfront, selling fresh and cooked fish. The market is open 365 days a year, 7:30am-8pm.

It's a bit messy while construction continues along The Wharf, but a new traffic light and entrance make for easy access, and the planned renovations promise an even better atmosphere. Beat the winter doldrums with some healthy omega-3s – just 9 miles north off of I-395.

## Don't Forget

- ✓ Mar. 20-Apr. 12 Cherry Blossoms!
- ✓ Apr. 1 April Fool's Day - keep those pranks and practical jokes "clean" and friendly.
- ✓ Apr. 5 Happy Easter
- ✓ Apr. 15 Tax Day – a necessary evil.
- ✓ Apr. 22 Earth Day – plant a tree, start a compost bin, turn off unnecessary lights.
- ✓ Apr. 25 Kingman Island Bluegrass Fest – food trucks, music, park trail, and fun!
- ✓ May 1 May Day
- ✓ May 5 Cinco de Mayo – a good excuse for frosty drinks.
- ✓ May 10 Mother's Day
- ✓ May 25 Memorial Day

## Kudos

The Cameron Station Board of Directors hereby recognizes Karen Diener, Jihee Kim-Boone, Colleen Hairston, and Deirdre Baldino for their involvement and leadership in Cameron Station's Inaugural Photo Contest. Facing many challenges over several months, their tireless efforts in reviewing and selecting photos that best represent Cameron Station, meeting with graphic designers, and selecting framing and matting materials are evident in the professional quality photographs now displayed in the Cameron Club. Their steadfast support of this project represents the best of our community in Cameron Station.

## Are You "In-The-Know?"

### Cameron Station Neighbors:

[www.facebook.com/groups/152372111638212/](http://www.facebook.com/groups/152372111638212/)

### Cameron Station Grapevine:

[www.facebook.com/CameronStationGrapevine?ref=br\\_tf](http://www.facebook.com/CameronStationGrapevine?ref=br_tf)



### Cameron Station Moms:

[www.facebook.com/groups/254390294592987/](http://www.facebook.com/groups/254390294592987/)

### Cameron Station Dads:

[www.facebook.com/groups/600554456725854/?ref=br\\_rs](http://www.facebook.com/groups/600554456725854/?ref=br_rs)

### Cameron Station Marketplace:

[www.facebook.com/groups/456302854414369/](http://www.facebook.com/groups/456302854414369/)

## Welcome New Compass Writer – Debbie Routt

A welcome addition to *The Compass*, Debbie Routt, and her husband, moved to Cameron Station four years ago. They've lived in Seattle, Dehradun (India), Salt Lake City, San Diego, Avon (CT), and the west end of Old Town Alexandria. They have two grown children. In their spare time, they enjoy cooking, hiking, camping, canoeing, and skiing. They recently visited Patagonia, Easter Island, and the Atacama Desert. We already appreciate Debbie's active involvement and writing talents on *The Compass* staff!



# Cameron Station Initial Pool Use Survey Questions

The Cameron Station Ad Hoc Pool Committee is researching and preparing a recommendation to the Board of Directors for modifications/changes to the pool facility. Your input will be used to focus research efforts and will aid to develop courses of action. A second survey will be conducted once research is completed and actual proposals are developed.

1. How frequently do you use the pool?
  - a. Daily
  - b. 1 time per week
  - c. 2-3 times per week
  - d. 1-2 times per month
  - e. 1-2 times per season
  - f. Never
2. Which portions of the pool facility do you use (check no more than 3)?
  - a. Lap swim
  - b. General swimming
  - c. Sun bathing
  - d. Shaded Areas
  - e. Tables and Chairs
  - f. Wading (kiddie) pool
3. When would you most like to use the pool?
  - a. Weekday early AM (0600-0900)
  - b. Weekday AM (0900-1200)
  - c. Weekday afternoon (1200-1600)
  - d. Weekday evening (1600-2000)
  - e. Weekend early AM (0600-0900)
  - f. Weekend AM (0900-1200)
  - g. Weekend PM (1200-1600)
  - h. Weekend evening (1600-2000)
4. If the pool facility was focused on a particular area, while still incorporating other features, what should the focus be:
  - a. Children/Kids
  - b. Fitness (including lap swim)
  - c. Sunbathing
  - d. Shaded outdoor area
  - e. General swimming
5. Which feature or features would increase your use of the pool (check all that apply)?
  - a. Increased shaded areas
  - b. Increased sunbathing area
  - c. Heated pool water
  - d. More kid-focused features
  - e. More fitness focused features
  - f. Year Round access (indoor pool)
  - g. None
6. Should food and beverages be available for purchase in the pool area?
  - a. Yes
  - b. No
7. If yes to question 6, what type of food/beverages are you most interested in?
  - a. N/A (answered "no" to question 6)
  - b. Vending machine snacks and beverages
  - c. Snack bar with pre-packaged foods and beverages
  - d. Snack bar with sole-source provided commercial food (e.g., Dominos, Jerry's Subs, etc)
8. Would you be willing to have a reduction in visitor parking in the vicinity of the pool in exchange for increased space and/or amenities at the pool?
  - a. Yes
  - b. No
9. To what extent would you be willing to pay an increase in your HOA fee for the items you selected in question 5?
  - a. Small increase
  - b. Modest increase
  - c. Large increase
  - d. No increase
  - e. N/A (chose "none" in number 5)
10. Please provide any comments or suggestions for the Ad Hoc Pool Committee:  

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# SPIRIT

## Volunteer & Community

### Wounded Warriors: It Seemed Like Mardi Gras

By Dubey Lifmann

Instead of beads, we had approximately 75 hand-knitted scarves, hats, and gloves to give to the Wounded Warriors during our last visit at the Bethesda Naval Hospital. Most of the scarves were gone within the first hour. Thank you, Margot O'Neil and her New Jersey team, for the knitted items.

A few people had just transferred to the hospital. One Wounded Warrior, recently arrived from Jamaica, thanked us profusely because she did not have any winter clothes. Another wounded soldier had just arrived from Afghanistan without any luggage. One of the soldiers, who received the North Face winter coat was heading to Boston and felt the coat was godsend. Our thanks go to Mrs. Randall for the coat donation. We want to thank the Willis's for batteries and their support.

Also, thank you Sandra Troutman, for the well-received puzzles (we could only take half of them on this trip). Some of them were donated to the Wounded Warriors' family library. We will bring the rest on our next visit. We can't thank all of you enough, for the donations and support. It is so rewarding to bring a smile to each Wounded Warrior and their families. We appreciate their sacrifice.

You are welcome to call or e-mail me with any questions, or if you would like to volunteer. You may also drop off donations of new clothing at my home.

E-mail: [dubeyd@comcast.net](mailto:dubeyd@comcast.net)

Telephone: 703-370-6362

Address: 135 Somerville Street



We are organizing our annual bake sale - the annual fundraiser to be held Saturday, May 2, 9 am - 1 pm at London Curry House Party Room. Contact Dubey to donate baked goods.

### Volunteer Gardeners: Getting Off to a Good Start this Spring

If you have a "brown thumb" rather than a green one, you will be glad to learn a group of neighbors are eager to share their knowledge about gardening in Cameron Station. They live here, and know about our local rocks, clay soil, deep shady places, and areas that bake in the sun. If your plants die too quickly, or you have older plants that need rescue, the volunteers often have ideas to enliven your garden space. They can make recommendations for design, maintenance,

suitable new plantings, or identify plants left by a previous owner. Contact them at [gardeners@cameronstation.org](mailto:gardeners@cameronstation.org) to schedule a consultation.

The volunteer gardener group is also looking for new participants. Anyone who loves gardening and helping neighbors - formal expertise is helpful, but not necessary - is most welcome. The level of time commitment is your choice.

### 2015 World Police & Fire Games

The 2015 World Police & Fire Games will be held in Fairfax County, Virginia, June 26-July 5. The biannual games were first held in 1985, and this year's games will include more than 12,000 professional police and firefighters from 70 countries competing in more than 60 events. Full information (and volunteer opportunities) can be found at [fairfax2015.com](http://fairfax2015.com).

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# Drink Local

By Josef Chesney

The great Commonwealth of Virginia has a long history of taking the humble barley grain and, through an alchemical process called "brewing," crafting it into a frosty, sudsy elixir – beer. The process may not have started here, but the inhabitants of the "Old Dominion" have definitely made it their own.

It all started out with our Colonial ancestors. Around 1587, the first brewing utilized what was available – corn. By 1609, as the colony grew, so did the desire to become less reliant on Europe. "Help Wanted" signs started to appear in London seeking brewers for the Virginia colony. Even back then, drinking local was as an important concept as it is today! The illustrious father of our great nation, George Washington, was a brewer. In 1754, he recorded a beer recipe into one of his notebooks.

The golden age of Virginia beer arrived in 1862, when Robert Portner opened his brewing company right here in Alexandria – the Tivoli Brewery. It went on to become the largest brewery in the southeastern United States. Robert Portner's efforts were soon followed by Consumer's Brewing Company in Norfolk; Richmond Brewery and Home Brewing in Richmond; Virginia Brewing Company in Roanoke; and Arlington Brewing Company in Rosslyn. Then, in 1916, three years before the rest of the nation, Virginia went dry. Tivoli Brewery closed its doors immediately, never to reopen. The rest held on, producing soda pop and bottled water, but with the passing of the Volstead Act in 1919, they too shuttered their facilities.

Luckily for us, those dark times did not last, and we are now in a new age of brewing in the Commonwealth. Depending on the source you choose to consult, around 95 breweries are currently in operation in Virginia, with more opening all the time. Two of the better guides to assist you in your search of these bastions of barley are: the Mid-Atlantic Brewing News Craft Beer Guide [www.goodbeermaps.com](http://www.goodbeermaps.com) and The Breweries Collectables Club of America [www.bcca.com/services/brewery\\_listing\\_virginia.asp](http://www.bcca.com/services/brewery_listing_virginia.asp).

One does not have to go far from Cameron Station to enjoy a pint of locally brewed goodness. A quick count using Google Maps comes up with at least 18 breweries within a keg's throw distance. Just down the road, on Wheeler Street, is Alexandria's first production brewery since Prohibition, Port City Brewery. Head Brewer, Jonathan Reeves, has won numerous awards nationwide with his talent for crafting barley into deliciousness. Heading down the road towards Lorton, is a relative newcomer, Forge Brew Works. Opened the summer of 2013, the husband and wife team of Matt and Kerri Rose raised money via a Kickstarter campaign and are currently serving 10 selections of hoppy goodness. Coming soon, the great-great granddaughters of Robert Portner, the great-great granddaddy of Alexandria brewing, are setting out to renew the legacy, almost 100 years later. Catherine and Margaret Portner are finalizing plans to open a brewery restaurant and craft beer test kitchen in Alexandria.

These are only a few examples of how the tradition and history of brewing good beer is being carried on here in the Commonwealth. From pilsners, IPAs, lagers, and experimentations with local wild yeasts, this area is alive with new and creative expressions of frosty fermented yumminess. So put down that PBR and drink local!

## New Image Salon



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# It's a Snow Day

By Susan Birchler, West End Farmers Market Director

Years ago, my sister and I watched a Danish film. I remember three things about this movie:

1. It was really sad; so sad my subconscious has erased the storyline from my memory.
2. The lead characters, two nine-year-old girls, were incredibly beautiful children; and,
3. It snowed in every scene.

It was snowing when the children walked back and forth to school. During recess it was snowing. At night it was snowing. It was always snowing. There was pelting snow; suspended, barely falling snow; big, fat, wet flakes; barely there snow; and blown-in-the-wind snow. After the film, I remember asking my sister if she thought it really snowed every day in Denmark. Laughing, she said, "Yes, and that's why we don't live there!"

We live in Virginia where we don't get much snow. When we do, it can be a bit of a nuisance. I feel snow is winter's gift. Cold with a fluffy white covering, is better than cold with gray, depressing rain. I am talking about how it looks and how it makes me feel – not the reality of shoveling and street ice. What other weather phenomenon lets you whoosh down a hill really fast?

I like snow. I am actually hypnotized by falling snow. Snow that is suspended and taking time to fall, being blown a bit here and there, is quite beautiful. This year, we have had snow squalls, the very definition of weird weather! One minute, it is calm and not snowing. The next, snow is coming down sideways in 30mph wind, and within 10 minutes, coating the ground. We have also been blessed with multiple occurrences of what the weather people call "snow showers" – lovely, tiny flakes floating effortlessly to the hard ground where they have the grace to melt instantly.

This winter, on more than one occasion, I have driven home in the company of a double-punch combo of sleet and snow. The sleet falls faster and harder than the snow, which often looks like it is being bullied to the ground by the ice water.

We have had soft, fine, powdery snow; sloppy, wet, mushy snow; and snow that is more ice than powder. All in all, it's been quite a snow year!

While I have enjoyed the snow, I am going to echo my sister's sentiment those many years ago. I am glad, sledding or no sledding, we live here with a variety of weather, mostly in the medium ranges, and not in Denmark where it snows all winter!



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# Portion Distortion

By Paula Jarvis

Portion distortion – has it contributed to your weight gain? Probably!!! Over the last 20 years, the size of a typical portion of many packaged foods and restaurant meals has doubled or even tripled. Portion distortion has become so widespread that we don't even notice it in many cases, nor its effect on our bodies. We are eating more without increasing our activity level. In fact, in many cases, we are less active than 20 years ago, so we have compounded the effect of added calories.

Twenty years ago, a bagel was about three inches in diameter, 140 calories, and counted as two servings of grains. Today, a typical bagel is six inches, 350 calories, and counts as four to five servings of grains! Twenty years ago, a turkey sandwich held 320 calories. Today, 820 calories. The 500 calorie difference, repeated on seven occasions without increased activity, will cause a weight gain of one pound. Today's average plate of spaghetti and meatballs has 1025 calories, versus 500 calories 20 years ago – another 500 calorie difference. The old cup of coffee with milk and sugar had 45 calories. Today's mocha has 350 to 400 calories.

To better manage portions, you need to understand some basics. A portion is not a serving. A portion is what you put on your plate. A serving is a standard measurement used by the USDA in their food pyramid, and by health organizations and dietitians. Your recommended intake may be for six servings of grains. A serving size in this food group is one piece of bread, 1/2 cup of cooked pasta, rice or other grain, or six small crackers. When you eat 1 1/2 cups of pasta, you have eaten three servings.

Learning some visual cues to estimate serving sizes will help. When visualizing a 1/2 cup of grains, picture an ice cream scoop. For fruit servings, the recommendation is for one small piece of whole fruit such as apples and oranges, or one cup for berries and cut fruit – about the size of a tennis ball.

The serving size of cooked vegetables is 1/2 cup, or the size of an ice cream scoop. For leafy greens, the serving size is two cups, or two handfuls. Milk servings are one cup, while cheese is 1/3 cup grated or a cube the size of two dominoes. One serving of peanut butter is about the size of your thumb. One serving of fish, beef, or chicken is 3 ounces, the size of the palm of your hand or a deck of cards. When measuring beans, a serving is 1/2 cup cooked, as with grains and cooked vegetables.

Becoming familiar with appropriate serving sizes is the first step to make adjustments in the way you eat. Taking control is the next step, and if you eat in restaurants or carry out, you will need to pay attention and order carefully. You may share dishes, save half of your portions for later, or order side dishes rather than full meals. Order from the appetizer menu as long as it's not fried or cheesy. Don't hesitate to leave food on your plate if it's more than you need.

Whether you're eating at home or ordering at a restaurant, don't let portion distortion sabotage your plan for healthy eating!

*Paula Jarvis is a Certified Personal Trainer and Wellness Coach, living in Cameron Station.*

## Paula Jarvis

In Home Personal Training  
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510-502-2602 [praerose@gmail.com](mailto:praerose@gmail.com)

[www.paulajarvispersonaltrainer.com](http://www.paulajarvispersonaltrainer.com)



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# Carla's Picks

By Carla Besosa

## Anacostia Playhouse (DC)

May 6-31 Dontrell, Who Kissed the Sea

## Arena Stage (DC)

Mar. 6-Apr. 26 The Originalist (political drama/world premier)  
Apr. 3-May 3 Vanya and Sonia and Masha and Spike (comedy/Tony Award winner)  
Apr. 24-Jun. 7 The Blood Quilt (comedy-drama/World Premier)

## Atlas Performing Arts Center (DC)

May 6-31 The Call

## The Barns at Wolf Trap (Vienna)

Apr. 9 Jane Monheit  
Apr. 30 Black Violin  
May 1-2 Evening of Comedy

## Bethesda Fine Arts Festival

May 9-10 Includes live music

## Birchmere (Arlandria)

Apr. 3 10,000 Maniacs  
Apr. 7-8 Brian Culbertson  
Apr. 10 Keiko Matsui  
Apr. 11 Al Stewart (remember *Year of the Cat?*)  
Apr. 12 Shawn Colvin  
Apr. 23 Marshall Tucker Band  
May 8 Delbert McClinton  
May 17 Rising Appalachia

## Black Rock Center for the Arts (Germantown)

Apr. 12 Beijing Guitar Duo (classical)

## Blues Alley (DC)

Apr. 9-12 Ramsey Lewis  
Apr. 16-19 Arturo Sandoval  
May 14-17 John Pizzarelli

## Creative Cauldron (Falls Church)

May 8-31 Once on This Island

## Dance Place (DC)

Apr. 11-12 Karen Reedy Dance & Project B  
Apr. 25-26 Rennie Harris

## Del Ray Artisans Gallery (Del Ray)

Apr. 10 T.C. Williams Student Art Exhibition - opening reception  
May 1 MIX: Adventures in Mixed Media - opening reception

## Dogfish Head (Falls Church)

May 2 ilyAIMY

## Dulles Expo Center (Chantilly)

May 2-3 DC Big Flea Market  
May 9-10 The Heritage India Festival  
May 15-17 International Gem & Jewelry Show

## 1st Stage (Tysons)

Apr. 10-May 3 Old Wicked Songs

## Gala Theater (DC)

Apr. 16-May 10 Mariela in the Desert

## George Mason Center for the Arts (Fairfax)

Apr. 17-18 Mason Dance Co. - SPRING: New Dances  
Apr. 24-25 Ten-Minute Play Festival  
May 1-2 MOMIX - Alchemmia

## Grounded Coffee (Alexandria)

Apr. 26 Janna Audey

## The Hamilton (DC)

Apr. 8 Spyro Gyra  
Apr. 14 Eliane Elias  
Apr. 25 Vienna Teng  
May 8 Carole King Tribute  
May 9 Buffy Sainte-Marie

## Harman Center for the Arts (DC)

Mar. 17-Apr. 26 Man of La Mancha - Shakespeare Theater Company

## Harris Theater at George Mason (Fairfax)

May 1-2 Dance May '15 Show

## Howard Theater (Howard University)

Apr. 30 Sheila E.  
May 27 Yellowjackets

## The Hub Theater (Fairfax)

Apr. 10-May 3 Typographer's Dream

## Indigo Landing (GW Pkwy on the Potomac)

Every Sunday Angie Miller

## Jammin Java (Vienna)

Apr. 9 Nellie McKay  
Apr. 13 Lee DeWyze (American Idol winner)

## Kennedy Center (DC)

Apr. 8 Jay Leno  
Apr. 8-12 Swan Lake - The Washington Ballet  
Apr. 14 Carmina Burana - The Choral



**Society of Washington**

May 6-10/May 16-17	Alice (in Wonderland) - The Washington Ballet
May 9-21	Cinderella - Washington National Opera
May 13-15	Tour-de-Force: Serenade - The Washington Ballet
May 30-31	The Sleeping Beauty - The Washington Ballet

**Lisner Auditorium (G.W. University)**

Apr. 1	The Future of Wellbeing: An Evening with Deepak Chopra
Apr. 22	Battle of the A Capellas
May 1	Lila Downs

**Little Theater of Alexandria (Old Town)**

Apr. 25-May 1	The Odd Couple (The Female Version)
---------------	-------------------------------------

**McLean Community Center (McLean)**

Apr. 17	Pilobolus
May 1-16	Barefoot in the Park
May 22	U.S. Army Strings

**Metro Stage (Alexandria)**

Mar. 26-Apr. 26	The Island
May 7-Jun. 7	The Letters

**Montgomery County Fairgrounds (Gaithersburg)**

Apr. 17-19	Sugarloaf Craft Festival
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**Mount Vernon (Alexandria)**

May 15-17	Spring Wine Festival & Sunset Tour
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**National Harbor (P.G. Co.)**

May 2-3	Wine & Food Festival
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**National Theater (DC)**

Apr. 21-26	Dame Edna's Glorious Goodbye - The Farewell Tour
------------	--

**Port City Playhouse (Alexandria)**

May 1-16	Stick Fly
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**Round House Theater (Bethesda)**

Apr. 8-May 3	Uncle Vanya (new version of classic Chekhov)
--------------	--

**Schlesinger Center (NVCC - Alexandria Campus)**

Apr. 26	United States Marine Chamber Orchestra - Young People's Concert (free)
May 9	American Balalaika Symphony
May 17	United States Marine Chamber Orchestra From Mentor to Fast Friends (free)

**St. Elmo's Coffee Pub (Del Ray)**

Apr. 3	Dan Lipton & Alan Barnosky
May 22	Back Alley Blues Boys

**The Strathmore (Bethesda)**

Apr. 25	An Evening with Julie Andrews
May 1	RAIN - Beatles Tribute

**Studio Theater (DC)**

Mar. 11-Apr. 19	Laugh
Apr. 22-May 10	Murder Ballad

**Vienna Town Green (Vienna)**

May 17	Veronneau
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**Woolly Mammoth Theater (DC)**

Mar. 30-Apr. 26	Lights Rise on Grace
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**Workhouse Arts Center (Lorton)**

Apr. 4-5	Workhouse Cabaret Series: Broadway Goes to Hollywood
Apr. 8	Prison Lecture Series: Fires, Riots, and Escapes: Lorton in the Public Eye
Apr. 11-May 17	The Emperor's New Clothes
Apr. 29	Prison Lecture Series: Life After Prison
May 2-3	Workhouse Cabaret Series: Classic vs. Contemporary

**And Another Thing...****The Triple Crown & Respective Libations**

The Kentucky Derby, May 2. Grab a Mint Julep!  
The Preakness Stakes, May 16. Grab a Black-eyed Susan!  
Belmont Stakes, June 6. Grab a Belmont Breeze!

**Old Town Expanded**

Commercial venues in Old Town spread north. The following establishments may have escaped your purview, as they are north of King Street:

- Casa Felipe, 835 N. Royal St. (I see empanadas on the menu!)
- Extra Perks, 822 N. Fairfax St.
- Sugar Shack Donuts, 804 N. Henry St.
- Lost Dog Café, 808 N. Henry St.
- Mason Social, 728 N. Henry St.
- Ginger Beef, 428 N. Pitt St.
- Bruscato, 814 N. Fairfax St.
- Charlene's Kitchen, 814 N. Fairfax St.
- Royal Thai Sushi, 801 N. Fairfax St.

**CLOSED**

Tres Hermanas, 4580 Duke St. Negotiations are underway for Aldi Grocery to open there.

**NEW IN DEL RAY**

Emma's Espresso & Wine Bar, 106 Hume Ave.  
Bella Napoli, 1310 Mount Vernon Ave. (former location of Sapore d'Italia)

**OPENING SOON**

Taste of Asia, in the Trade Center on Pickett St. (former location of Dave & Chung's).

**Noteworthy Musicians:**

Rising Appalachia ([www.risingappalachia.com](http://www.risingappalachia.com))

# WANTED: HUNGRY CUSTOMERS

By Susan Birchler, West End Farmers Market Director

It's all frozen toesies and icicles outside as I write this article, but by the time you read it in April, spring will be making inroads. Bright, blooming spring colors will have replaced winter gray. By April, on the four farms that sell produce at the West End Farmers Market, young plants will already be in the ground, waiting to be picked for the market's Opening Day: Sunday May 3!

Say goodbye to heavy comfort food of cold winter days and hello to the tangy greenness of early spring vegetables and blessedly sweet strawberries! All this lovely spring produce is picked the day before each market day by our local farmers, so everything is rich with flavor.

Have I made you hungry yet? I'm starving just thinking about really fresh lettuce mixed with goat cheese from Tommy the Cheese Guy and sliced strawberries on top. MMM, MMM, MMM.

Just to get your salivary glands going, look at a few of the tasty things you will find at the market in spring:

Lettuces



Red Radishes



Asparagus



Strawberries



Spring onions



Swiss Chard



Red Spring Potatoes



More Lettuces



That is not all you will find. Here is a longer list: apples, arugula, beets, chard, garlic snaps, green and white onions, leeks, rhubarb, turnips, collard greens, bok choy, turnips, parsnips, onions, and potatoes.

To tickle your taste buds even more, you can purchase pastries, sweets, fresh baked breads, bagels (with cream cheese), coffee, orange juice, cheese, and yogurt. In May, our farmers also bring flowering plants and potted herbs. Closer to June, the blackberries and raspberries appear.

Your market also hosts local artisans and crafters. Some of our customer favorites: Rockin Lizard Soaps, Love Candles, Barbies Dog Treats, Hamiwilo Stationary, Bits and Booties knitted babywear, Ted Marburg's wooden toys, Secret Garden, Lucid Arts jewelry, and much more.

If that isn't enough, Beatley Library representatives are at the market every week selling used books; and you can drop off your week's composting at the City's compost table.

Relax in the sun, talk to your neighbors, play in the park, and sit at our tables to enjoy fresh orange juice while eating breakfast/brunch/lunch at the market! Is there a better way to enjoy a Sunday morning?

For a sneak peek at spring at the market, view this YouTube Video: [www.youtube.com/watch?v=R64ywIQBnuY](http://www.youtube.com/watch?v=R64ywIQBnuY)

To see a Bok Choy Cooking demonstration please, view this YouTube Video:

[www.youtube.com/watch?v=R64ywIQBnuY](http://www.youtube.com/watch?v=R64ywIQBnuY)

To see a complete list of our vendors (with photos and links), and recipes, please peruse our website:

[www.westendfarmersmarket.org](http://www.westendfarmersmarket.org)

To get weekly updates on what's happening at the market, please like us on Facebook:

[www.facebook.com/WestEndFarmersMarket](https://www.facebook.com/WestEndFarmersMarket)

Eat well and have fun! That's our motto, and we make sure you have that experience every week at your local market. Stay warm and healthy 'til we open! See you at the market!

**FOOTNOTE:** The market is in need of a market manager. This involves once, every two to three weeks, running the market on Sunday, as well as assisting with marketing and community outreach during the week. Lots of strong arms already at the market mean it is not necessary to be a weightlifter. This is a paid position. Please contact me at [info@westendfarmersmarket.org](mailto:info@westendfarmersmarket.org).



# THE STATE OF THE ALEXANDRIA CITY BUDGET

By Arthur "Sash" Impastato, President, Cameron Station Civic Association

On February 4, the Cameron Station Civic Association (CSCA) held the first membership meeting of 2015 and was very fortunate to have City Councilman Justin Wilson as the principal speaker to discuss the Alexandria City fiscal year 2016 budget. In addition, attorney Cathy Puskar gave an update on her client Aldi's plans to put a 17,000-square-foot supermarket in the area across from the Foxchase Shopping Center. Ms. Puskar is hoping to go before City Council by this fall with a proposed plan.

Councilman Wilson indicated that dealing with the budget will be particularly difficult this year. Unless some hard choices are made, we will continue to see budget shortfalls. Alexandria's costs of current service expenditures have increased 4-5% per year, while City revenues have only increased 2-3% a year. Depending on new development projects that may increase revenues to the City, the budget shortfall in FY2020 will be \$15 to \$34 million (the cumulative deficit by FY2020 could reach more than \$128 million).

Councilman Wilson noted that the Acting City Manager, Mark Jinks, has been told by City Council that his proposed budget can include real estate tax increases to balance the budget. City Council is required by law to adopt a balanced budget each year and these shortfalls must be eliminated through a combination of budget choices. Councilman Wilson anticipates the Acting City Manager will propose real estate tax increases. He also said the Potomac Yard Development project is extremely important to the budget process since the projected revenues are \$850 million. In addition to the Potomac Yard Development, the planned development of Landmark Mall, and the proposed development that will occur when the Eisenhower West Small

Area Plan is implemented, should increase the commercial revenue stream into the City.

Councilman Wilson said the City's new Five Year Plan will be a very valuable tool for City Council. The Five Year Plan is based on a dynamic financial model that utilizes data to illustrate the effects of specific policy decisions. It will help Council evaluate the long-term effects of pursuing specific policies since it is designed to show, in real time, the effects of budget cuts or new revenue streams.

The board of the CSCA submitted comments on the FY2016 City budget and they can be found at [www.facebook.com/cameronstationcivicassociation?fref=nf](http://www.facebook.com/cameronstationcivicassociation?fref=nf). We suggested expanding the tax base to generate more commercial revenue; requesting proffers from developers for infrastructure rather than just affordable housing; using public/private partnerships to fund programs; using the City's Five Year Plan effectively; and planning now for long-range, large expenditures like the Chesapeake Bay cleanup.

The next steps in the budget process are: April 18 - City Council Public Hearing; May 7 - City Council Special Meeting to adopt the budget. For more information on the FY2016 budget, go to the City website at [www.alexandriava.gov/budget/info/default.aspx?id=81154](http://www.alexandriava.gov/budget/info/default.aspx?id=81154).

Please consider making a difference in our community by joining the Cameron Station Civic Association, which is a voluntary organization separate from the Cameron Station Homeowners Association. Submit your name, address, email address, and phone number, with \$20 annual membership dues per household, and mail to: Cameron Station Civic Association, 200 Cameron Station Blvd., Alexandria, VA 22304.



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# Restaurant Review

## Fiona's Irish Pub

By Carla Besosa

Finally, an Irish Pub that doesn't come with the logistical challenges of Old Town! Tucked into a Kingstowne strip, Fiona's Irish Pub is a breath of fresh air in an otherwise, over-franchised Kingstowne Center. Proprietors Shirley and Martin White imported the spirit of their hometown, Dublin, offering authentic Irish dishes, freshly prepared and served with a smile. And Fiona? Well, she's the owner's daughter!

The space is inviting but spacious; large but not cavernous. The bar is sizable with stools and high tops. The inset fireplace makes you feel right at home. Enjoy Happy Hour Sunday-Friday, 4-7pm. In milder temps, relax on the covered patio.

I've lunched and dined at Fiona's several times, so obviously it warrants multiple encores. My favorites among the appetizers include the *Corn Flake Crusted Brie* (great mixture of texture and flavors) and the *Beer Battered Shrimp* (served with a scrumptious ancho chili mayo). The *Dublin Mussels and Scotch Eggs* are popular as well. There are lots of tasty sandwiches to try, including *Beer Battered Cod*, *Corned Beef Reuben*, *Guinness BBQ Chicken*, and four variations of the burger. The *Guinness & Onion Soup* will satisfy, and the *Rocket Salad* is a hit (arugula, aged parmesan, and pine nuts, laced with balsamic vinaigrette). For the hardier appetite, chow-down on the *Guinness Beef Stew*, *Corned Beef & Cabbage*, *Black & Blue Sirloin*, *Shepherd's Pie*, *Mussels & Shrimp*, or *Fresh Grilled Salmon*. A gluten-free menu is available, as well as selections for the "wee lads and lassies," and a late-night menu. Finish up with *Baileys Chocolate Mousse*, *Bread Pudding*, or the *Irish Sherry Trifle*.

Necessary Irish vocabulary for deciphering Fiona's menu:

-rasher-	Irish bacon
-champ-	mashed potatoes with chopped scallions
-bangers-	sausages
-mash-	mashed potatoes with cabbage and cream

Fiona's offers 15 beers on tap, including Guinness, Smithwick's, Kilkenney, and Irish Cider. Gluten-free Omission Pale Ale is available in bottles. Seven whites and seven reds occupy the wine rack.

The servers have been friendly and efficient; the hostess and management staff will check on you as well to ensure you want for nothing.

Enjoy live music on Fridays and Saturdays - acoustic Irish folk. Need space for a meeting or private party? Reserve Fiona's private dining room which seats up to 40. A flat screen is available, and Fiona's will happily customize a menu for your event.



### Fiona's Irish Pub

5810 Kingstowne Center  
(former location of King Street Blues)  
Alexandria, VA 22315  
703-888-3900  
[www.fionasirishpub.com](http://www.fionasirishpub.com)

#### Kitchen Hours

Mon.-Thur. 11am-10pm  
Fri.-Sat. 11am-11pm  
Sun. 11am-9pm

#### Bar Hours

Daily 11am-1:30am

#### Brunch

Sat.-Sun. 11am-2pm

#### Happy Hour

Sun.-Fri. 4-7pm

#### Reservations

Yes (Open Table)

#### Price

Appetizers \$5.50-\$10.90  
Salads \$6-\$19.90  
Sides \$3  
Sandwiches \$9-\$11.50  
Entrees \$13-\$23  
Desserts \$6

#### Smoking

No

#### HC Access

Yes

#### Parking

Lot



# Fitness Center News

By Psy Scott

**Group Exercise Classes:** We are proud to announce that we have Zumba on Wednesday nights, starting at 6pm, with our amazing instructor Tea Ward. Starting April 6 at 6pm, we will have Yoga for Athletes, taught by the one and only, Thierry Chiapello. Do you love to dance? If you do, then we've got a class for you. Coming to Cameron Station Fitness Center, we are now bringing to you one of the hottest dances in the world - Salsa classes! Learn to dance with Sabor. See the front desk for more information. Residents can drop in on a class for only \$10.

**Upcoming Events:** We will have an open house April 25. This will be a fun day where residents can try a variety of class for free to see what we have to offer at Cameron Station. There will be raffles and surprises for the kids! We didn't forget adults either, so join us for the spring open house. Keep an eye out for announcements via our monthly email blast.

## Fitness Center Reminders:

Cell Phone use is not allowed in the Fitness Center. Please use the stairwell or the front lobby to make and receive phone calls.

**Like us on Facebook:** To "Like" us on Facebook, go to Facebook, type in Cameron Station Fitness Center, and click "like this page!"

Professional Fitness Management, in conjunction with Cameron Station, appreciates your commitment to fitness, and we value your support throughout the year.

For information on any of the programs, or to be put on the Fitness Center email list, please contact the Fitness Center: 703-567-8555 or [fitness@cameronstation.org](mailto:fitness@cameronstation.org).

## March Class Schedule - Open House on Saturday, April 25th!

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>GROUP EXERCISE CLASS SCHEDULE</b>  <b>Club Hours</b> Monday - Friday 4:45am-11pm Saturday & Sunday 7am-8pm  <b>Class Color Codes</b> Current Program Current Class New Class  <b>Location Code</b> Multipurpose Court - MPC Great Room- GR	6am - 7am		5:45-6:45am BodyBackFit4Mom Brooke		5:45 -6:45 am BodyBackFit4Mom Brooke		
	7am-8am	8:30-10am Workout Parents		8:30-10am Workout Parents		8:30-10am Workout Parents	7am-8am BodyBackFit4Mom Brooke
	9am -10am		9-10am Yoga Camille GR				
	10am-11am	Complementary Class 10:30-11:30		Complementary Class 10:30-11:30		Complementary Class 10:30-11:30	10am -12pm Pick up Basketball MPC
	11am-12pm	Stretch and Core Psy MPC		Stretch and Core Psy MPC		Women in Weights Psy MPC	
	12pm-1pm						
	1pm-2pm						
	2pm-3pm						
	3pm-4pm	Workout Parents	3:30-5pm Pick up Basketball MPC	Workout Parents	3:30-5pm Pick up Basketball MPC		
	4pm-5pm						
	5pm-6pm		Complementary Class		Complementary Class		
	6pm-7pm		6:30-7:30pm Beginner Boot Camp Psy MPC	6:00-7:00 Zumba Tea MPC	6:30-7:30pm Beginner Boot Camp Psy MPC		
	7pm-8pm		8 -9:30pm Pick up Basketball MPC	7:30-8:30pm Yin Yoga Kittie GR	7:30 -8:30PM All Levels Yoga Kittie GR	8 -9:30pm Pick up Basketball MPC	

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# Geocaching

By Nicole Gauvin



I heard of Geocaching a long time ago but never really looked into it to find out what it is or how to play until this past September.

Geocaching is a real-world, outdoor, treasure hunt game using GPS-enabled devices. I use my smartphone. Participants use their devices to navigate to a specific set of GPS coordinates and then attempt to find the cache hidden at that location. Like the video game, *The Legend*

of *Zelda*, if you turn over the right rock or look in the right shrub, you can find a treasure box!

Geocaches can be found all over the world. It is common for geocachers to hide caches in locations that are important to them, reflecting a special interest or skill of the cache owner. These locations can be quite diverse – a park, at the end of a long hike, underwater, or on the side of a city street. Currently over a dozen "cache types" create many different variations of the game.

One cache is in Cameron Station, and three are very close. Spoiler alert! The one in Cameron Station is near the Clubhouse. Outside, one is at the Beatley Public Library – ask a librarian at the reference desk for the first hint! The second is in Ben Brenman Park by the bridge near the dog park. The third is near Burger Delite.

Caches come in different sizes:

- Micro - Less than 100ml, like a 35mm film canister.
- Small - 100 ml to 1L, like a sandwich container or lunchbox.
- Regular - 1L to 20L, like an ammo can the size of a shoebox.
- Large - 20L or larger, like a large paint bucket.

The difficulty level in finding a cache varies as well, and the rating system is subjective, but in general:

- Easy - in plain sight or can be found with a few minutes of searching.
- Average - should be about to find in less than 30 minutes of hunting.
- Challenging - searching could take up a good portion of an afternoon.
- Difficult - may require special skills or knowledge, or in-depth preparation to find. May require multiple days/trips to complete.
- Extreme - a serious mental or physical challenge. May require specialized knowledge or skills to find or open the geocache.

If you take something from the geocache (or "cache"), you should always leave something of equal or greater value. A cache almost always contains a logbook or log sheet for you to sign. Larger caches may contain a logbook and any number of items. These items turn the adventure into a true treasure hunt! You never know what the cache owner or visitors to the

cache may have left for you to find. I've seen stickers, small toys, coins, key chains, bookmarks, pins, buttons, and other items. The real prize is finding the cache! You can sign your name in the cache logbook and then log your experience using the Geocaching App or at [www.geocaching.com](http://www.geocaching.com).

To date, I have looked for 12 caches and so far I have found these five:

- The Original Wikipedia (Alexandria, Virginia)
- Gimme Shelter (Alexandria, Virginia)
- Kinda Artsy Don't Ya Think (Gambier, Ohio)
- Out of the Caches (Jersey City, New Jersey)
- HRWW #6 - Smoker's Perspective (Jersey City, New Jersey)

The hunt is as much the purpose of geocaching as the actual find. I have tromped through woods, explored a college campus, and got an in-depth look at a retired steam locomotive train. I hope you'll check it out and give it a go!



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# Eisenhower West Small Area Plan Community Meeting #5

By Debbie Roult

On February 9, Karl Moritz, Planning Director, Planning and Zoning, City of Alexandria, his team, and representatives of the urban planning and design group, SmithGroup JJR, provided an update on the Eisenhower West project. This was the fifth community meeting since the project got underway June 2014.

The City of Alexandria has been engaged in the Eisenhower West Small Area planning process as directed by the City Council. The planning area includes the Cameron Station community, as well as the area surrounding the Van Dorn Street Metro Station, the Eisenhower Avenue Valley, Pickett Street, and a section of Van Dorn Street. The goal is to set the course for land use in this part of Alexandria for the next 30 years.

Planning Director Moritz welcomed everyone to Beatley Central Library, provided an overview of the meeting agenda and goals. Several Council members were in attendance (Council members Pepper, Smedberg, Chapman, and Lovain). He stated the draft plan for Eisenhower West will be issued July 2015, and public hearings on the recommended plan of action will occur this fall. He further explained the West Eisenhower implementation would be evaluated for reasonableness, that is, the ability to be implemented as drafted.

Moritz touched upon “green spaces” which have been discussed at previous community meetings. He cited examples of “green spaces” envisioned for Eisenhower West, including but not limited to: Braddock Meadow, Landmark Corridor, and Fitzgerald Square, in Old Town.

Valerie Berstene, SmithGroup urban designer, recapped Community Meetings #1 - #4: 1) June 2014, the project was introduced, and the City heard issues and ideas from the community; 2) August 2014, the community was involved in a “visioning” exercise, recorded by graphic artist, Jim Nuttle (depicted in the Jan/Feb 2015 issue of The Compass); 3) September 2014, the community evaluated approaches for locating “nodes,” an urban planning concept based on mixed use development near transit facilities with high-quality walking environments; 4) December 2014 participants critically reviewed four visions for Eisenhower West, on which community input was solicited.

Ms. Merrill St. Leger-Demian, SmithGroup urban planner and designer, presented the updated and refined “Composite Plan” at Community Meeting #5. The “Great Street” favored at Community Meeting #4 has been further refined to reflect an “active place” per the American Planning Association – it connects people, is multi-modal, fits the area, is well-designed, contextual, social, landscaped, safe, sustainable, maintained, and memorable. She displayed the “Big Picture” for Eisenhower West to include three new park spaces. The design team will explore “flex space” within “mixed use” space, as a way to attract entrepreneurs and start-up businesses or cultural services, combined with residential space. Leger-Demian showed the three proposed multi-modal bridge options, to provide north-south connections to and from Eisenhower,

and to facilitate movement across the planning area. She also explained the planning concept of “green fingers” – areas where green can be added to sidewalks to collect rainwater, and to connect blocks, creating visual and open breaks.

Non-scientific, real-time polling was conducted throughout the evening. First, participants provided baseline demographic information: age, household composition, and role in the community (resident, worker, other). Once the refined “Great Street” concept was detailed, participants were asked how closely the plan met the vision for Eisenhower West. They were asked to elaborate on their polling responses, in person, as well as anonymously, via a feedback form. The presentation is posted at [www.alexandriava.gov/EisenhowerWest](http://www.alexandriava.gov/EisenhowerWest) and illustrates some of the uses described in the draft plan.

Community Meeting #6 will take place on Monday, July 27, 7pm, at Beatley Central Library. Please plan to attend and make your voice heard in planning the future of our surrounding neighborhood.

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# Book Clubs

## Monday Night Bookball

Monday Night Book Ball has openings for new members – contact P.J. at [sottilepj@aol.com](mailto:sottilepj@aol.com).

Mar.: *Unbroken* by Laura Hillenbrand

Apr.: *Doc* by Mary Doria Russell

May: *Red Azalea* by Anchee Min

## Reading Between the Wines

Mar.: *Zeitoun* by Dave Eggers

Apr.: *Lost in Shangri-La* by Mitchell Zucoff

## Third Tuesday Book Club

New members are welcome. Just email Mary Birchler at [MHBirchler@gmail.com](mailto:MHBirchler@gmail.com).

Mar.: *One Summer: America, 1927* by Bill Bryson

Apr.: *The Alchemist* by Paulo Coelho

May: *The Immortal Life of Henrietta Lacks* by Rebecca Skloot

# Spring Planting Tips

By Linda Greenberg, Suzanne Dingwell,  
and Kathy McCollom, Cameron Station Volunteer Gardeners

It's so easy to go overboard this time of year when seeing the beautiful flowers in every store. Before you buy out the store, consider these early spring tips from the Volunteer Gardeners.

**Clean Up First:** If you haven't cut back the liriope (looks like a large clump of grass), do it before the new growth begins. Removing the old, dead growth encourages the roots to firm up and will freshen the look of the plant above ground. For other plants as well, last year's dead perennial growth should be cut back before the new growth gets going. Any dead annuals from last year need to be pulled out, too.

**Rock Removal:** The wet spring soil is ideal for deeper digging to remove larger rocks. A digging fork can loosen the soil enough to make access easier. A small rock pile or decorative rock edging can become a garden feature. Plants grow much better in rock-free soil.

**Azalea Pruning:** The right time to prune azaleas is immediately after they bloom. The trimming won't hurt the following year's blooms. Only prune the long branches sticking out of the bush or any branches starting to grow over the sidewalk. Azaleas look best in a natural shape rather than pruned into hedges.

**Crape Myrtles:** In our area, these graceful and flowery trees are best left alone. Plant food will reduce the blooms and make more leaves. Hard cutting back isn't necessary for future blooming. If a branch is growing against a window or crossing a sidewalk, then remove it. Lower branches can also be removed in early spring to make it more tree-shaped. But that's all!

**Annuals:** Take the time to read the little tags in pots if you're considering purchasing a "gorgeous but unknown" plant. The tag will specify whether the plant needs sun or shade, and how large it will get by the end of summer. Some cute little potted plants can grow surprisingly large. Check watering needs too. Something that requires "evenly moist" soil means it will die if you let the soil dry out. Consider how much effort you want to put into frequent watering. Good rule of thumb: if something you planted last year was dead by early summer, it was not suited to your garden and you should try something else.

**When to Plant:** This area technically has its last frost in early May, although protected areas can have microclimates that permit earlier planting. Plants that require warm soil will not be happy if they go out too early. Basil in pots, for instance, won't be happy outside until it's above 50 degrees at night. If spring fever strikes and you do plant before May 7, you can cover plants with newspaper "caps" when the weatherman forecasts a late frost.

Happy spring! If you have questions or need more help, contact the volunteer gardeners at [volunteergardeners@cameronstation.org](mailto:volunteergardeners@cameronstation.org).



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*The Compass* newsletter is published bimonthly and distributed to approximately 1,800 residences, as well as, displayed on the Cameron Station website. Advertising space is filled on a first-come, first-served basis, and the ads published in each issue are solely at the discretion of the newsletter staff or Communications Committee. **Only one ad per advertiser per issue is permitted. Ads must be submitted NO EARLIER than the 15th of the month preceding issue date and no later than the 30th (see box).** Payment must accompany all ads. Artwork must be camera-ready in JPEG or TIFF format: 65 line screen or 300 dpi. ELECTRONIC SUBMISSIONS ARE PREFERRED. Ads appear in black/white in printed copies; but are displayed in color on the website. Advertisers will receive a copy of the newsletter in which their ad appears. Estimated (not guaranteed) time of delivery for the next issue is the last week of May to first week of June.

## Article Submissions:

Any submissions for publication must include the writer's name, address, and phone number and must be received **by the 30th of the month preceding issue date (see box)**. The newsletter staff, Communications Committee, or Board of Directors reserves the right to edit submissions. They will also determine the newsletter to be "full" at their discretion. Articles are to be factual and of public interest. Editorial content may be deemed inappropriate at the discretion of the newsletter staff, Communications Committee, or Board of Directors. Photographs submitted will be returned to sender if accompanied by a self-addressed, stamped envelope.

## Publishing Deadlines

January/February .....	December 30
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May/June .....	April 30
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November/December .....	October 30

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[communitymanager@cameronstation.org](mailto:communitymanager@cameronstation.org)

Deirdre Baldino, Assistant Community Manager  
[assistantmanager@cameronstation.org](mailto:assistantmanager@cameronstation.org)

Meghan Marville, Covenants Administrator  
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# Christmas Bird Count

By Jamie Riedy

As temperatures grow warmer and days get longer, many of us will enjoy leisurely walks around Cameron Station and our local parks. Spring is especially gratifying for neighborhood birdwatchers who welcome the return of spring migrants and summer residents. But there are good reasons to don heavy coats and waterproof boots, pick up binoculars, and take to the woods in winter, as I discovered this year, on my first Christmas Bird Count at Mount Vernon.

On a raw and rainy predawn in early January, I joined other intrepid and enthusiastic Northern Virginia birders to participate in the 115th edition of our nation's longest-running nature survey, the Christmas Bird Count, or CBC. Our mission: to count as many bird species and individual birds as we could find in a prescribed area in one day and to report our findings to our sector leader. Our goal: to contribute our findings to the burgeoning database of current and past Christmas Bird Counts used by researchers, scientists, government agencies, and laypeople to track numbers and movements of the winter bird population.

Proposed by naturalist Frank M. Chapman as an alternative to traditional Christmas Day bird shoots, the first CBC took place in 1900 with 27 people counting birds in 25 locations. Today, more than 60,000 citizens in 20 countries conduct counts in over 2,200 15-mile diameter areas. The census is run with military-like precision by the National Audubon Society in partnership with Bird Studies Canada and other ornithology organizations. Group checklists are collected by sector leaders and turned into circle managers who compile the data and enter it into a database. Once regional editors review the data, the results are published and made available to the public.

In addition to being the longest-running nature census, the CBC is one of the original citizen-science endeavors, utilizing the observations of volunteers, hobbyists, and professionals to contribute data, that when analyzed, adds to vital knowledge and understanding of bird populations and demographics. The decline of the Rusty Blackbird population, the resurgence of the Bald Eagle, and northward migration of some wintering birds are among numerous findings based on CBC data. Results are incorporated into bird studies, wildlife management reports, mapping, and protection plans. The effort launched to save the Bald Eagle from extinction resulted from census data that showed a precipitous decline in the population in the 1960s and 70s. The growing number of Bald Eagles reported throughout their range in the late 1990s and early 2000s resulted in the birds' removal from the endangered species list in 2007.

Due to its success, the CBC has inspired dozens of other citizen-science projects in the area of ornithology and beyond, including eBird, The Great Backyard Bird Count, The North America Butterfly Count, and BioBlitz. Citizen-science is proven to be a reliable and vital component of science research, and the CBC and similar endeavors provide wonderful opportunities for laypeople to make important contributions.

With a desire to know birds and guard them for future generations to enjoy, I jumped at the invitation to participate in this year's CBC. Representing a wide range of experience, ages, and backgrounds, our group coalesced around our shared love of birds and nature. In spite of the damp and chill, it was personally gratifying to be a part of a tradition that both celebrates our nation's birds and seeks to protect them.

CBC data and reports compiled from the analysis of CBC statistics, as well as information about participating in the next Christmas Bird Count, can be found on the National Audubon Society's website [www.audubon.org](http://www.audubon.org).

## Coffee with Mike

CSCA Board President

Mike Johnson, Board President, invites you to stop by the Cameron Café between 11am and noon, the last Saturday of each month, to discuss Association issues.

Mike will be at the Café on Saturdays,  
Mar. 28, Apr. 25, and May 30.



## Friends of the Beatley Central Library

As you may or may not know, the largest revenue stream for the library comes from bi-annual book sales (October and April). The funds derived from these sales enabled the Friends of the Beatley Library, together with the Library Board, to support financially significant improvements in the Children's Section of the library. They will also be funding the audio-visual upgrade of the Large Meeting Room, due to take place in early March. In addition to these major interior improvements, the Friends co-sponsor programs such as All Alexandria Reads and Beatley Library's Fall Festival.

Making the book sales successful requires a lot of time sorting and shelving the enormous quantity of donated books that are received. It is an ongoing effort throughout the year and they do need help. If you can help with this, please contact: Betty Guttman at [bguttman19@yahoo.com](mailto:bguttman19@yahoo.com) or 703-370-4834. Any time you can offer to help the Friends support the Beatley Library will be greatly appreciated.

Spring Book Sale – Friday, April 17, 10:00am–5:30pm; Saturday, April 18, 10:00am–4:30pm; Sunday, April 19, 1:00–4:30pm. \$3 or less, unless specially marked. Discounted prices on Sunday, April 19. Charles E. Beatley Central Library, 5005 Duke Street, Alexandria, VA; info: 703-746-1702; [www.alexandria.lib.va.us](http://www.alexandria.lib.va.us).

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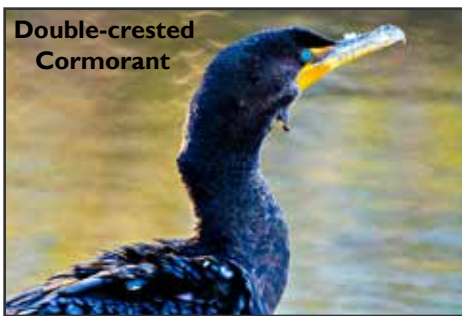
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