

# The ompass

Newsletter of the Cameron Station Community Association, Inc.

Volume 17 Issue 3 • May-June 2016

## Fun in the Rain at the Farmers Market!

By Susan Birchler, Director: West End Farmers Market

Oh yes, it did rain on our opening day, Sunday, May 1. In fact, at times it actually poured buckets. The first day of the market was soggy for sure. But our market motto is “Eat Well and Have Fun,” and that is what we delivered – lots of fun in the rain!

Here are some of the high points:

Visits by our die-hard customers! Endless chatting in the crowded market manager tent, lots of laughter, lots of hugs, some dog-shaking sprays, seeing children one year older – so precious and getting so big, eating really well, catching up with vendors we haven’t seen in five months, helping each other setup so no one got too wet. Many of your neighbors and friends popped open their umbrellas and came down to the market to celebrate with us. Some of the bakers sold out as did Arkibuna coffee. We had a great time, grinning at one another and hiding under tents and umbrellas from the rain! If you weren’t there, you missed a great party!

Not only was it a great party, but there were many yummy goodies to buy at the market. Here is just a sampling!

- *Strawberries:* The weather has conspired to gift us with early ripe strawberries. The market was full of the sweet red fruits.
- *Lettuces:* One of the perks of an early spring harvest is the fresh, crispy, crunchiness of new lettuces and spinach. Paired with the new radishes, cucumbers, and beets – what a salad!
- *Asparagus:* I don’t even need to talk about how stupendous fresh asparagus is raw, broiled, or steamed. So yummy.
- *Potted Herbs and Flowers:* You too can start a kitchen herb garden or decorate your balcony with flowers at much cheaper prices than big-name stores. Our farmers start them in hothouses and gradually move them outside. They may have had a pampered life,

but they are hardy and free of pesticides, fungicides, and other chemicals necessary to keep big-store plants alive over long-distance hauls.

- **BAKERS!**
- *The Pretentious Gourmet:* some of the least pretentious, unbelievably yummy cookies ever made.
- *Sweet Crimes Gluten-Free Baked Goods:* Oh my gosh – brownies, cookies, muffins. All so good you won’t believe they are gluten-free, plus one of the cutest tent set-ups ever.
- *Wild Hearts Bakery:* Paleo and Gluten-Free. On a special diet? These bakers are for you! Knock-it-out-of-the-park tastiness and another beautiful display!

(Continued on page 2)



Photograph courtesy of Susan Birchler

# Farmers Market

(Continued from front page)

- *Sugar Shack Donuts*: Everyone groan with me! How can you resist?
- *Sweet Deles Sweet Treats*: Over the winter, Deborah Brown has expanded her repertoire to include more flavors of pound cake, cinnamon buns, and cookies. Elegantly displayed and so perfect.

While Zilo’s Uzbekistan Bakery, BaukeHaus German Bakery, Capital Cake, and Shamali Hummus were not there, we look forward to being able to purchase their goodies during the rest of the season.

Your neighborhood market is open on Sundays, 8:30am – 1pm, May through October. At the market you will find artisans, farmers, orchards, dairy producers, bakers, and chefs. In addition, the Popped Republic Popcorn Truck will



(Photograph courtesy of Susan Birchler)

be there every week. Different food trucks will be at the market nearly every week, including Rocklands BBQ. Need a trim? Rubies Hair Salon on wheels will be parked at the end of the market every Sunday.

In order to provide the most fun ever, your neighborhood market now has an eating area thanks to Aaron Podolsky of the Podolsky Realty group who donated the tables, and to Home Depot for the chairs. Stroll, shop, sit, eat, chat, and enjoy the day at your neighborhood farmers market.

Check out our website at: [www.westendfarmersmarket.org](http://www.westendfarmersmarket.org).

Please like us on Facebook and check in regularly for updates on our vendors and what is happening at the market! [www.facebook.com/WestEndFarmersMarket](https://www.facebook.com/WestEndFarmersMarket)

Eat Well and Have Fun!



(Photograph courtesy of Susan Birchler)

## 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.

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**Recurring Contributors:** Susan Birchler and Paula Jarvis      **Photographer:** David Thorpe

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# Committee Corner

HARD AT WORK ON BEHALF OF OUR RESIDENTS

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Meetings are the last Tuesday of every month,  
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# Top 10 Reasons for Eliminating Pet Waste from Cameron Station

By Debbie Routt

When it comes to pet litter, yours and/or your neighbor's, waste not want not!

10. Woof-woof waste does not a good fertilizer make. It's actually toxic to your lawn, and can cause burns and unsightly discoloring.

9. A single gram of dog waste contains an estimated 23 million fecal coliform bacteria, which are known to cause cramps, diarrhea, intestinal illness, and serious kidney disorders in *humans*.

8. The EPA estimates that two or three days' worth of droppings from a population of about 100 dogs would contribute enough bacteria to temporarily close a bay, and all watershed areas within 20 miles of it, to both swimming *and* shell fishing. Remember, if you don't pick up and properly dispose of your dog's waste, you are what you eat!

7. Dog feces are one of the most common carriers of the following diseases:

- Whipworms
- Hookworms
- Roundworms
- Tapeworms
- Parvo
- Corona
- Giardiasis
- Salmonellosis
- Cryptosporidiosis
- Campylobacteriosis

6. In the nearby Four Mile Run watershed, a dog population of 11,400 is estimated to contribute about 5,000 pounds of solid waste *every day* and has been identified as a major contributor of bacteria to the stream. Nearly 500 fecal coliform samples have been taken from Four Mile Run and its tributaries since 1990; about 50 percent of these samples have exceeded the Virginia State water quality standard for fecal coliform bacteria. (Source: EPA)

5. The decay of your pet's waste actually creates nutrients for weeds and algae that grow in our local waterways. As these organisms thrive on your dog's droppings, they overtake the water and limit the amount of light that can penetrate the water's surface. As a result, oxygen levels in the water decrease, and the fish and seafood we eat can be asphyxiated. (Source: EPA)

4. If you still aren't worried about the health of local waterways, you may be a bit more concerned about the impact of dog waste a little closer to your own Cameron Station residence. The thing about persistently disposing of dog stools improperly (*or not at all*) is that it kicks off a harmful cycle that can affect your whole family—including Fido:

According to the U.S. Centers for Disease Control and Prevention (CDC), dog droppings can contribute to diseases animals pass to humans, called zoonosis. When infected dog poop is deposited on your lawn, the eggs of certain roundworms and other parasites can linger in the soil for years. Anyone who comes into contact with that soil – through gardening, playing sports, walking barefoot, or any other means – runs the risk of coming into contact with those eggs; *especially* your dog.

3. Cryptosporidium, Giardia, and Salmonella, as well as hookworms, ringworms, and tapeworms, are some of the parasites that can flourish as a result of improperly disposed-of dog waste. Infections from these bugs can cause fever, muscle aches, headache, vomiting, and diarrhea in *humans*. Children are most susceptible, since they often play in the dirt and put things in their mouths or eyes.

2. In the Chesapeake Bay area, 44 percent of dog walkers surveyed who did not pick up after their dogs indicated they would still refuse to do so, even if confronted by complaints from neighbors, threatened with fines, or provided with more sanitary and convenient options for retrieving and disposing of dog waste; they effectively allow Rover's relief to become their neighbors' nuisance.

1. It's the LAW: Alexandria City Code § 5-7-42(3), prohibits knowingly or willingly allowing an animal to defecate on public property unless the owner of the dog immediately removes the material and disposes of it in a safe manner. It's also the same for disposing of dog waste in a storm drain. See City Code §5-7-46. Civil penalties apply.

So help create a cleaner and healthier Cameron Station: pick up your dog's poop. Period.

# Generous Neighbors Made Bake Sale a Success

By Pat Sugrue

On Saturday, May 7, for the fifth year in a row, neighbor Dubey Lifmann held a bake sale for the Wounded Warriors. Dubey gives her time and energy throughout the year to help the wounded soldiers at Bethesda Naval Hospital, and every spring holds a bake sale to bring in additional funds.

This year, we had the largest donation of homemade baked goods ever, in addition to donations from neighboring grocers, and the tally for the day was \$1,100. While this is an excellent sum, it is considerably less than in past years, which we attribute to the inability to place signs in the medians, in the parks, and along Duke Street, which in the past have brought in buyers from outside the community, as well. (See signage article on pages 8 and 9.)

We probably had a third of the buyers we usually have, but they were extremely generous. Many neighbors who had baked for the sale came back and bought; many buyers told us to keep the change; and many others made donations in addition to, or in place of, purchases.

Special thanks goes to neighbor Sandra Troutman, who not only purchased several items and made an additional donation as well, but postponed her Saturday errands to stand on the street corner and cajole passers-by to come into the sale!

Dubey wants to thank everyone who helped make this event a success: the bakers and buyers and people who helped at the sale;

the London Curry House for providing space to set up and sell; the Main Street Market for opening its refrigerators to keep the baked goods fresh the night before the sale; and the local retailers who donated a variety of items: Costco at Pentagon City; Safeway at Bradlee; Harris Teeter at Fox Chase; Super Giant at Duke Street; and Giant at Edsall Road.

If you were unable to attend the bake sale and would like to make a donation to the Wounded Warriors, or if you have any questions, or if you would like to volunteer to help in the future with this worthwhile cause, please contact Dubey at 703-370-6362 or [dubeyd@comcast.net](mailto:dubeyd@comcast.net).



(Photograph by David Thorpe)



(Photograph by David Thorpe)

# Cameron Station Upcoming Events!

Now, since Adult Coloring Books are so big, we're putting together the first ever:

## **Cameron Station Adult BYOB Board Game and Coloring Night Happy Hour**

**Friday, June 17, 6:30-9:00pm**

**Victoria Hebert Great Room, Cameron Club**

Relax and de-stress with adult conversation, appetizers, games, and coloring. Coloring has been shown to reduce stress, and increase calmness and "Zen" in your life. We will have a quiet space, beautiful patterns, and light refreshments while you enjoy a peaceful hour of coloring. A fine selection of coloring pages for adults will be offered, but feel free to bring your own. Bring your favorite coloring pencils, crayons, markers, etc. We will be also playing board games this evening, with tables set up for each game. We will bring some games, and participants are invited to bring their own and lead the play at their tables. For those bringing a game, please email - [events@cameronstation.org](mailto:events@cameronstation.org) the name of the game you will be playing. (Appetizers sponsored by Silver Diner.)

For additional information, please contact [events@cameronstation.org](mailto:events@cameronstation.org).

## ***SAVE THE DATE***

### **Cameron Station Annual Fiesta & Pool Party (August Pool Party)**

**Saturday, August 13**

**11:30am-3:30 pm**

#### **Olé!**

Please help make this annual party a great success by volunteering to help the Cameron Station Activities & Events Planning Committee. Your one-time assistance is a chance to pitch in to support the community, working alongside your neighbors and friends, with no further obligation required.

We can use your help for the set-up, handing out meal tickets, and clean-up. Set-up takes place from 8 to 11am and requires arranging tables and chairs, and decorating around the pool area and Kilburn Street. People are needed from 11:30am to 3:30pm to manage the ice cream kiosk and hand out meal tickets. We are expecting about 700 residents. Clean-up assistance would be helpful too, and consists of tearing down from 3:30 to 5pm. While assistance with handing out meal tickets and managing the ice cream stall is desired, the most pressing need for staff is set-up and clean-up.

Only a two-hour time commitment is needed, which will benefit the community and also be an opportunity to meet new people. Please email [events@cameronstation.org](mailto:events@cameronstation.org) if you are available to volunteer.

To enjoy the fun and food, please remember that you must bring your Cameron Station ID card to obtain a lunch ticket from the attendant in the Fitness Center lobby. A maximum of two guests per household will be admitted to the party and they must be accompanied by a Cameron Station Resident who presents a Cameron Station facilities visitor pass. In the case of inclement weather, all festivities except the moon bounce will move inside the Cameron Club.

#### **ROAD CLOSURE NOTICE:**

A portion of the party will take place on Kilburn Street, between Cameron Station Boulevard and Medlock Lane. The street will be closed from 6pm on Friday, August 12, until 6pm on Saturday, August 13. There will be no parking in this area during that time.

Vehicles that have not been moved from visitor parking and/or the street by 6pm Friday will be relocated at the owner's risk and expense without further notice.

Questions?

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

# Committee Corner

HARD AT WORK ON BEHALF OF OUR RESIDENTS

## Communications Committee Update

By Kimberly Dillon

The Communications Committee has been working hard to wrap up finalizing the updated new residents Welcome Packet, which will be submitted to the board in June for approval. Our next big endeavor is to work on developing a Public Relations Committee, nested under our committee, to tackle the growing need to publicize our community, particularly in light of the construction of three new communities in the area. This new committee's purview will include advertising, social media, and media relations for Cameron Station. If you have a public relations background and would like to be a part of this ever-growing and truly fun committee, while making a positive difference in our neighborhood, please reach out to us at [communications@cameronstation.org](mailto:communications@cameronstation.org).

## Architectural Review Committee Update

By Elizabeth McAlee

The Architectural Review Committee (ARC) has reviewed more than 50 applications seeking approval for various home projects in the first five months of this year. All applications except one were approved.

ARC adheres to the Design & Maintenance Standards (DMS), a booklet that all homeowners receive when they purchase a home in Cameron Station. When those standards are updated, the community is informed, and eventually a new DMS booklet is published.

Please review the DMS before starting a project. An application must be submitted to the Covenants Administrator before a project is begun to ensure the project will adhere to the community standards, and to keep a history of all changes made to various community properties throughout the years.

Contact the Covenants Administrator at [covenants@cameronstation.org](mailto:covenants@cameronstation.org) to request more information as it relates to your home improvement project.

## Civic Association Update

By Mike Lekas

Dozens of Cameron Station homeowners turned out on the evening of Wednesday, March 4, to enjoy hors d'oeuvres and beverages, while listening to developers discuss their plans for nearby projects. Kicking off the meeting was Jack Kelly, from JBG Companies, the developer of Cameron Park at the intersection of Pickett Street and Cameron Station Boulevard. Mr. Kelly brought several poster-sized concept photos and plans for residents to view, and discussed the three major phases of that project. If you've driven past the site recently, you've seen the significant site work underway. Over the next several months, additional site work will occur, along with the undergrounding of utilities. Construction related to the Brandywine Senior Living project and the Pulte townhomes should begin in the fall. The multi-family building is currently in the site plan phase with the city.

Rich Greenburg of Greenhill Companies, along with Michael Winstanley and George Eisenburger of Winstanley Architects, presented an early concept plan for the Greenhill site. Greenhill owns approximately 23 acres bounded by Pickett, Edsall, and Van Dorn streets. Mr. Winstanley and Mr. Eisenburger presented preliminary 3-D mockups of their vision for the site. They envision a large, multi-phase project over the course of many years. One scenario presented would allow for "by-right" use, with minimal retail and 2,000,000 square feet of development. The second scenario contained 250,000 square feet of retail and 3,000,000 total square feet of development. Both scenarios incorporated neighborhood gathering spaces, a street grid compliant with the two small area plans, and walkable streets. The representatives from both companies fielded many questions from residents with regard to the impact these developments will have on Cameron Station. The community members present were excited to see and hear all the changes happening around our neighborhood, and had many positive comments.

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# Reflections on the Recent City Sign Ordinance and Its Impact on Cameron Station

By Pat Sugrue

Most of us have no idea that a new city ordinance, effective March 1, 2016, prohibits signs from public rights of way. Although most of the streets in our community are private, Cameron Station Boulevard, Brenman Park Drive, and Somerville Street are owned by the city, and therefore subject to the city's ordinance.

While losing the excessive number of political signs that mar our byways at election times might sound like a good thing, this ruling means that signs that advertise Cameron Station social events, community activities, the West End Farmers Market, residents' Open Houses, or any activity or event of interest to our residents, are technically prohibited from the most visible areas of our neighborhood.

I say "technically," because these public areas are inside our community, and as a result, most residents don't even realize they are public. It is highly unlikely that the city would have a problem with signs being up inside Cameron Station for a limited amount of time.

For example, realtors only advertise Open Houses on the days they take place, and they remove the signs as soon as they end; ditto the Farmers Market; and community events are advertised close to the dates and then removed.

## Here's what could happen if there are no signs:

- If the Farmers Market is unable to advertise and attendance is down, the farmers will not come, and **our Farmers Market will close.**
- If realtors can't direct folks to Open Houses, residents selling their homes will suffer, and we as a **community will suffer as homes linger** on the market, which leads to a **decrease in property value.**
- And if residents don't come to neighborhood events because reminder signs are prohibited, **we will lose that special community spirit** that sets Cameron Station apart from other neighborhoods in the city.

As previously stated, this ordinance went into effect on March 1. The fact that the city owns these streets – streets that are enclosed within Cameron Station and represent the most visibly prominent thoroughfares in our community – has created an incongruity between the spirit of the ordinance and the unique needs of Cameron Station and its residents.

Signs had been placed in these areas since then (as said, few people even know the ordinance exists), and there were no complaints by the city.

So why is this an issue at all, let alone one worth writing about? The answer is that there is someone in our community who is complaining – to the HOA and to the city. Loudly. And often.

These constant complaints led the Board of Directors to add this signage issue to the agenda at the monthly meeting on Tuesday, April 26. Dozens of residents showed up to voice their support for reasonable and appropriate signage in Cameron Station.

Implicitly acknowledging the importance of this issue, the city sent a representative from the Planning Commission to speak to the residents and the board. The planner indicated the city wants to come up with a solution that will resolve the issue. When asked, the city representative indicated the city was not interested in issuing tickets, and added that the City Council will look into the legal issues to enable a satisfactory resolution to the problem. He also said that no other neighborhood is having the problems we are, because there is only one person in the entire city who is complaining: a Cameron Station resident.

The board passed a resolution at the meeting allowing signs in all common areas, which definitely helps, but signage is still needed in the city-owned medians and other city-owned areas of Cameron Station where they will be most visible. Many residents emailed City Council and the Mayor after the meeting, and responses from them indicate that they understand the urgency of the situation and will work to expedite it. But even so, this will take time.

How can we help in the meanwhile?

Well, if anyone has neighbors on your block who are selling their homes, and you would be willing to allow an Open House sign on your property for a few hours on a Sunday, please email [thecompass@cameronstation.org](mailto:thecompass@cameronstation.org), and we will get the word out to the realtors.

(Continued on page 11)

## City Sign Ordinance

(Continued from page 10)

If your property is situated somewhere in the community where a sign for the Farmers Market could be seen, and you would allow placement on Sunday mornings, please email our neighbor Susan Birchler, Market Manager, at [sabirchler@gmail.com](mailto:sabirchler@gmail.com).

And while signs for community events are allowed in front of the Cameron Club and in common areas, they still will not have the exposure the medians offer; so if you think your property is well-situated for the occasional event sign, please email [events@cameronstation.org](mailto:events@cameronstation.org).

And finally, if you would like to let the city know that you agree with appropriate and reasonable signage in our community (as we have had without incident or complaint for 17 years), the following link goes directly to an online complaint form on the city website that will be read by the mayor and council. You add your comments, the subject, name, address, etc., and hit submit.

[https://request.alexandriava.gov/CCC/#tab=Departments &group=MayorandCityCouncil&service=CNC\\_GROUP](https://request.alexandriava.gov/CCC/#tab=Departments&group=MayorandCityCouncil&service=CNC_GROUP)

The April 26 meeting made it clear that the board – and the city – consider this a very important issue for our community. Updates will be provided in email blasts and future issues of *The Compass*.

## Website Registration

If you have not already registered for the Cameron Station website, [www.cameronstation.org](http://www.cameronstation.org), please do so. If you have, please make sure you have updated your profile with all of your information. If you have any problems, please contact the Management Office at [admin@cameronstation.org](mailto:admin@cameronstation.org) or call 703-567-4881.

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# Do You Ever Wonder?

By Melanie Zimmerman

How bored bartenders must be, now that guests surf their phones instead of actually talking to the bartender?

Why Jackson Pollock's splattered painting technique drives you crazy, but a chef's food smear on a plate is art, and doesn't bother you at all?

What kids memorize instead of telephone numbers, now that they have cell phones to remember for them?

How nice it would be to go back to the days when you only heard a few pieces of news each day, and had time to discuss each idea at length with family and friends? Now we are besieged 24/7 by news snippets and don't have time to ponder any one thought in depth.

Who makes up those hard-to-read security characters you are forced to type in on websites; and how many people give up because they can't decipher them?

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# A Short Meditation on New Technology and Humility

By Susan Birchler

Yes, I have a cell phone. One with lots of gadgets and apps I use, some more regularly than others. Just when I think I am on my game, fully utilizing social media, reading Ars Technica, keeping up with the tech bad boys, I am cut down to size.

Most of you know me as the director of the West End Farmers Market. Several weeks ago I was in the Ben Brenman parking lot with Ally, a market manager. Due to the new paving, the measurements of the parking spaces had changed. We needed to measure lengths and widths to figure out the spacing of vendor tents this season.

Dutiful me, I brought a measuring tape, pencils, pads of paper, and sidewalk chalk. Ally brought her cell phone. She says, "There's an app for that!" She downloads the app., walks the space, and gives me a reading. I might have felt completely and totally humiliated, a prime example of my age group not keeping up, except Ally gave me the measurements in meters. She couldn't find the app for feet.

Conclusion: We are all amateurs. That's all the humility you get.

**2016 Resident ID**

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 2016 CSCA Resident ID; otherwise, access will be denied. This year's stickers are available for pick-up at the Management Office from 9am to 5pm Monday through Friday and 12noon to 4pm on Saturday.

# The History We Live On

By Melanie Zimmerman

We're revisiting a topic of interest to the community – the origin of Cameron Station's street names. This article appeared in the Mar/Apr 2010 issue of *The Compass*, and articles on this subject originally ran in *The Compass* in 2000, 2001, and 2003, thanks to the research and writing of two former *Compass* staffers, Erin Wetherald and Elizabeth McAlee, with the assistance of T. Michael Miller, a research historian at the Office of Historic Alexandria. There are still some street names for which we have no explanation. If anyone knows how they came about, please contact us at [thecompass@cameronstation.org](mailto:thecompass@cameronstation.org). We will print more in-depth street histories in the fall and winter issues of *The Compass*.

In 1995, a special subcommittee of the Historic Alexandria Resources Commission was formed to develop a list of possible street names for the new community known as Cameron Station. The subcommittee's list of suggested street names reflected the contribution Cameron Station, the military installation, had made to the city, as well as the personal sacrifice residents of Alexandria had made during wartime. Also included on the list were prominent Alexandrians of the 19th and 20th centuries. Ten streets were named for Alexandrians who died in the line of duty during World War II:

- Major General Charles Dodson Barrett
- Sergeant Robert Brawner
- Richard Medlock
- Ernest Bessley
- Corporal Joseph A. Tull
- Corporal Charles H. Grimm
- Corporal Edward T. Lannon
- Colonel John T. Murtha
- First Lieutenant Benjamin J. Vos
- Private Hard Grover English

Seven street names reflect the history of Cameron Station as a military post and location of the Office of Strategic Services, a forerunner of the CIA. All of the following were commanding officers of Cameron Station:

- Lieutenant Colonel August Fucci, last military commander of Cameron Station
- Lieutenant Colonel Roger J. Tancreti, Jr.
- Lieutenant Colonel Thomas Knapp
- Lieutenant Colonel Richard T. O'Neill
- Colonel J.B. Comay
- Colonel Earle A. Johnson, Jr.
- General Brehon Burke Somervelle, responsible for the construction of the Cameron Station Quartermaster Depot in the 1940s.



General William Joseph Donovan was the creator of the Office of Strategic Services, a fledgling espionage arm of the U.S. Army that has morphed into the CIA, as well as a Medal of Honor recipient. A few street names evolved from 19th and 20th century residents associated with Alexandria:

Ferdinand Day was a member of the Alexandria School Board.

Ben Brenman was an active member of the Alexandria community, politically and socially. His dream of using some of Cameron Station for parkland was made a reality, and the street named in his honor fittingly begins (or ends) at that park.

John Ticer Drive is named for State Senator Patsy Ticer's late husband. John (Jack) Ticer was a World War II veteran and a member of the Alexandria City Council during the 1950s.

M.H. Barbour was an early property owner in the area, as was Everett Hellmuth.

Martin Lane appears in an 1819 deed of property in the Cameron Station area.

Dr. Waple owned property on what is now the west end of Cameron Station.

Picosin is a derivation of "pocosin," an 18th century term for swamp.

There are a few streets as to which we've yet to find a link or reason for their names:

- Kilburn Street
- Livermore Lane
- Harold Secord Street (there may be a connection with a T.C. Williams High School principal of the same name)
- Minda Court

It's interesting to know that Cameron Station has a history peopled with real characters – fellow Alexandrians who worked and lived in a place we now call home.



# Carla's Picks

By Carla Besosa

## Alden Theater (McLean)

Jul. 8: *Footloose*

## Arden Theater/Theater on the Run (Arlington)

Through Jun.19: *The Secret Garden*

## Arena Stage (DC)

Jul. 10-Aug. 23: *Dear Evan Hansen*

## Atlas Performing Arts Center (DC)

Jun. 18-26: *Fidelio* (Beethoven's only opera)

## The Barns at Wolf Trap (Vienna)

Jun. 19: Studio Spotlight - Opera Highlights

Jun. 26: Aria Jukebox - Opera Highlights

## Birchmere (Arlandria)

Jun. 16: Joan Osborne

Jun. 18: Al Stewart

Jun. 24: 10,000 Maniacs

Jun. 26: Three Dog Night

Jul. 19-20: Beth Hart

Jul. 22-24: Bacon Brothers

Jul. 26: BWB (Brown, Whalum, & Braun)

## Blues Alley (Georgetown/DC)

Jul. 14-17: Marcus Johnson

Jul. 21-24: Jazz Funk Soul (Lorber, Loeb, & Harp)

Jul. 29-31: Poncho Sanchez & His Latin Jazz Band

## Carlyle Club (Alexandria)

Jun. 19: Tribute to Motown

## City of Alexandria

Jun. 18: Lecture: *The Secret of Juneteenth* - Alexandria Black History Museum

Jun. 18: Cinema Del Ray - Mount Vernon Rec Center (field)

Jun. 19: Arlandria Chirilagua Festival - Four Mile Run Park/Commonwealth Ave.

Jun. 25: Lecture: *The Birth, Life, and Death of a Ship in Colonial Alexandria* - Archaeology Museum

Jul. 9: USA/ALEXANDRIA BIRTHDAY CELEBRATION - Oronoco Bay Park

Jul. 16: Cinema Del Ray - Mount Vernon Rec Center (field)

Jul. 17: Presidential Salon with James Madison - Gadsby's Tavern Museum

Jul. 20: Cinema Del Ray - Mount Vernon Rec Center (field)

## Creative Cauldron (Falls Church)

Through Jun. 19: *The Wind in the Willows*

## Dance Place (DC)

Jul. 7: Duende Quartet

## Dulles Expo Center (Chantilly)

Jul. 23-24: D.C. Big Flea

## FireFlies (Del Ray)

Jun. 16: Janna & Rob

## The Hamilton (DC)

Jun. 17-18: Maceo Parker

## Harman Hall (DC)

Through Jun. 26: *The Taming of the Shrew*

## Howard Theater (DC)

Jun. 18: The Delfonics

Jun. 24: Dr. John & the Nite Trippers

Jul. 22-23: *Men are from Mars, Women are from Venus - Live!*

## The Hub Theater (Fairfax)

Jul. 8-31: *Redder Blood*

## Imagination Stage (Bethesda)

Jun. 25-26: *The Little Mermaid* (Collaboration with The Washington Ballet)

## Jammin Java (Vienna)

Jul. 22: Lori McKenna

## Kennedy Center (DC)

Jun. 14-Jul. 10: *Kinky Boots*

Jun. 18: NSO Pops - Forever Gershwin

Jun. 28-Jul. 7: *The Bridges of Madison County*

**Festivals, *continued***

**Kennedy Center (DC), *continued***

Jun. 29: Rodrigo y Gabriela  
Jul. 13-Aug. 20: *The Phantom of the Opera*  
Jul. 19: NSO Pops - The Beach Boys  
Jul. 27-30: *The Merchant of Venice*

**Lincoln Theater (DC)**

Jun. 16-Aug. 30: Olso

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

Through Jun. 25: *The History Boys*  
Jul. 23- Aug 13: *West Side Story*

**Lorton Workhouse (Lorton)**

Jun. 18-19: Cabaret Series  
Jun. 25: U.S. Army Blues Band  
Jul. 2: Peter Mawanga & the Amaravi Movement (Afro-Vibes)  
Jul. 9: Bolivian Dance & Music  
Jul. 16: Big Daddy Love (Appalachian Rock)  
Jul. 23: National Concert Band of America (Big Band)  
Jul. 30: U.S. Air Force Celtic Aire

**National Harbor (P.G. Co.)**

Jun. 17-18: Beer, Bourbon, & BBQ Festival  
Jun. 18: U.S. Air Force Concert Band  
Jun. 23: Movie - *Dirty Dancing*  
Jun. 25: Concert (TBA)  
Jun. 30: Movie - *Viewer Poll*  
Jul. 2: Concert (TBA)  
Jul. 3: Movie - *Surf's Up*  
Jul. 7: Movie - *Jurassic World*  
Jul. 9: U.S. Air Force Singing Sergeants  
Jul. 10: Movie - *The Smurfs*  
Jul. 14: Movie - *Pirates of the Caribbean/On Stranger Tides*  
Jul. 16: U.S. Air Force Concert Band  
Jul. 17: Movie - *Honey, I Shrank the Kids*  
Jul. 21: Movie - *Hot Pursuit*  
Jul. 23: U.S. Air Force Singing Sergeants  
Jul. 24: Movie - *Brave*  
Jul. 28: Movie - *How to Lose a Guy in 10 Days*  
Jul. 30: U.S. Air Force Airmen of Note  
Jul. 31: Movie - *Viewer Poll*

**Port City Playhouse (Alexandria)**

Through Jun. 25: Stupid F#@\*ing Bird

**Round House Theater (Silver Spring)**

Through Jun. 19: The Who & the What

**Schlesinger Center (Alexandria Campus NVCC)**

Jun. 18: U.S. Marine Chamber Orchestra

**Signature Theater (Shirlington)**

Through 10: La Cage Aux Folles

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

Every Thursday: Not So Modern Jazz Quartet

**The Strathmore (Bethesda)**

Jun. 30-Jul. 1: Patti LaBelle  
Jul. 21: BSO - Salsa at the Symphony

**Synetic Theater (Crystal City)**

Through Jun. 19: The Man in the Iron Mask  
Jul. 13-Aug. 7: Twelfth Night

**Theater J (DC)**

Jun. 23-Jul.17: Another Way Home

**Thomas Jefferson Theater (Arlington)**

Jul. 15-24: Mary Poppins

**Twins (U St. Corridor/DC)**

Jun 19: Veronneau

**Warner Theater (DC)**

Jul. 7: Yanni

**Wolf Trap (Vienna)**

Jun. 23-26: Riverdance  
Jul. 1: America the Beautiful - NSO  
Jul. 2: Mary Chapin Carpenter  
Jul. 5-6: Bob Dylan with Mavis Staples  
Jul. 7: Pat Benatar, Neil Giraldo, & Melissa Etheridge  
Jul. 8: Gershwin's Rhapsody in Blue - NSO (Yuja Wang, Piano)  
Jul. 17: Tedeschi Trucks Band & Los Lobos  
Jul. 24: Pink Martini & NSO  
Jul. 26: Huey Lewis & The News  
Jul. 27: Jeff Beck & Buddy Guy  
Jul. 28: Tony Bennett

**Woolly Mammoth (DC)**

Through Jun. 26: An Octoroon

(Continued on page 16)

## Carla's Picks

(Continued from page 15)

### And Another Thing...

(in my stream-of-consciousness order)

Five Below open in Landmark Plaza  
Check out The Kreeger Museum on Foxhall Rd (DC)  
Michael's Arts & Crafts: Opening in Bradlee Shopping Center

### New Eats!

Chickpea Mediterranean Grill (Del Ray):  
529 E. Howell Ave.

Chops Crafthouse (Fairfax):  
9959 Main St.

Roro's Lebanese (near 395/Edsall):  
5655 General Washington Dr.

Hula Girl Bar & Grill (Shirlington):  
4044 Campbell Ave.

Haifa Grill (Bailey's Crossroads, where Athens was):  
3541 Carlin Springs Rd.

Palate (Shirlington, where Extra Virgin formerly was):  
4053 Campbell Ave.

Portner Brewhouse: (Opening in Tempo Moderno;  
Pickett & Van Dorn)  
5770 Dow Ave.

Junction Bakery & Bistro: (Opening in Del Ray where  
Mancini's was)  
1508 Mt. Vernon Ave.

Whiskey & Oyster (Opening near PTO),  
333 John Carlyle Dr.

### Music!

Check out these artists -

\*The Hot Sardines (coming to the Birchmere Aug. 4)

\*Ludovico Einaudi (coming to the Birchmere Oct. 21)

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# Slow Summer TV Season – Looking for Some Netflix Ideas?

By *Melanie Zimmerman*

For those dog days of summer, or entertainment while on the treadmill, here's an oft-requested list of TV series/shows:

1. Justified – Timothy Olyphant as U.S. Marshall Givens, need I say more?
2. Americans – good old KGB spy stuff
3. House of Cards – hits close to home, and THE BEST instrumental theme song!
4. Orange is the New Black – women in prison, or
5. Wentworth – even better Aussie version of women in prison
6. Sons of Anarchy – you will get hooked
7. Homeland – if you can stand Carrie's craziness
8. Big Bang Theory – the funniest nerds on television
9. Downton Abbey – those high society Brits
10. Longmire – Sheriff Walt Longmire is worth watching
11. Luther – Idris Elba is a bad\*ss!
12. True Detective – gotta pay attention in this one
13. Selfridges – based on true story of American department store creator in London
14. The Fall – if you miss Gillian Anderson from The X-Files, you'll like this
15. Peaky Blinders – 1919 Birmingham gangster drama
16. Boardwalk Empire – definitely not suitable for all ages – with Steve Buscemi
17. Sherlock Holmes – the dynamic duo with Benedict Cumberbatch
18. Foyle's War – WWII British crime drama – slow to start but very good
19. The Man in the High Castle (Amazon Prime) – not the best writing, but there is a twist
20. Wolf Hall – all about Thomas Cromwell
21. The Borgias – Jeremy Irons as head of the Borgia family
22. Tudors – King Henry VIII's reign
23. Damages – Glenn Close and some crafty writing
24. Turn – American Revolution drama
25. Newsroom – Jeff Daniels and very sharp writing
26. Broadchurch – a bit slow but Season 1 is good
27. Ray Donovan – Liev Schrieber is Mr. Fix-it
28. Game of Thrones – be prepared to watch all main characters die
29. The Game – (BBC) shame it was only one season – Cold War spy stuff
30. Crossing Lines – international crime group with Donald Sutherland
31. Blacklist – James Spader is a true mastermind
32. Marco Polo – may not be overly accurate, but is entertaining
33. Sleeper Cell – terrorist sleeper cell infiltration
34. Tyrant – not particularly good acting, but different story than much of TV
35. Outlanders – time travel
36. Breaking Bad – not a fan, but many, many are!
37. Bloodline – very slow moving, lots of family drama and intrigue
38. Watching Dead – zombies (not my thing, but if it's yours...)
39. Veep – love Julia Louis-Dreyfus, but couldn't get into this show, maybe you can?
40. Outsiders – haven't watched it yet, but getting good recommendations!



# District Date Night Ideas for Foodies

By Melanie Zimmerman

**Dupont:** The Quill bar in the Jefferson Hotel, then Iron Gate garden patio for dinner.

**Adams Morgan:** Rebellion or Bourbon bar for drinks, then Jack Rose for dinner; followed by cigars upstairs, or drinks in the speakeasy, Dram and Grain, downstairs.

**14th and U Streets:** Gibson speakeasy for drinks and the marinated olives, then dinner at The Fainting Goat. There are numerous options along both streets, including: El Rey tacos in the open air shipping containers, B Too for Belgian, or tapas on Barcelona's fire pit patio.

**Shaw:** Another winning area...try Dacha Beer Garden for drinks, then Table for dinner.

**City Center:** Del Campo for all things smoky goodness (including the vegetarian tasting menu!).

**Gallery Place:** Drinks at The Partisan, dinner at Zaytinya.

**Foggy Bottom:** The Lounge at Bourbon Steak in the Four Seasons Hotel for drinks (outdoor patio), then the award-winning Marcel's for dinner.

**Georgetown:** The Rye Bar in the Capella Hotel, then Fiola Mare overlooking the Potomac River.

**Capitol Hill/Barracks Row:** Barrel or Stanton & Greene for drinks, then on to Ambar for a Balkan dinner.

**Navy Yard:** A brew at Bluejacket, then Osteria Morini for an Italian dinner.



\*\*\*\*\*  
**Classified Ads**

\*\*\*\*\*

NOVA MOBILE NOTARY PUBLIC – I am a Cameron Station resident. If you require a notary, please call 410-340-7221 or email [kathy@kathleenschiller.com](mailto:kathy@kathleenschiller.com). Prompt signature service at the location of your choice. Travel Fee waived for Cameron Station Residents. Thank you in advance for your consideration.

INTERESTED IN PLACING A CLASSIFIED AD?  
See the information on page 21.

\*\*\*\*\*

## Neighbors in the News

Cameron Station is filled with interesting people doing interesting things. If you would like to be recognized in a future issue of *The Compass*, or if you have a neighbor you think deserves recognition, please submit relevant information to [thecompass@cameronstation.org](mailto:thecompass@cameronstation.org).

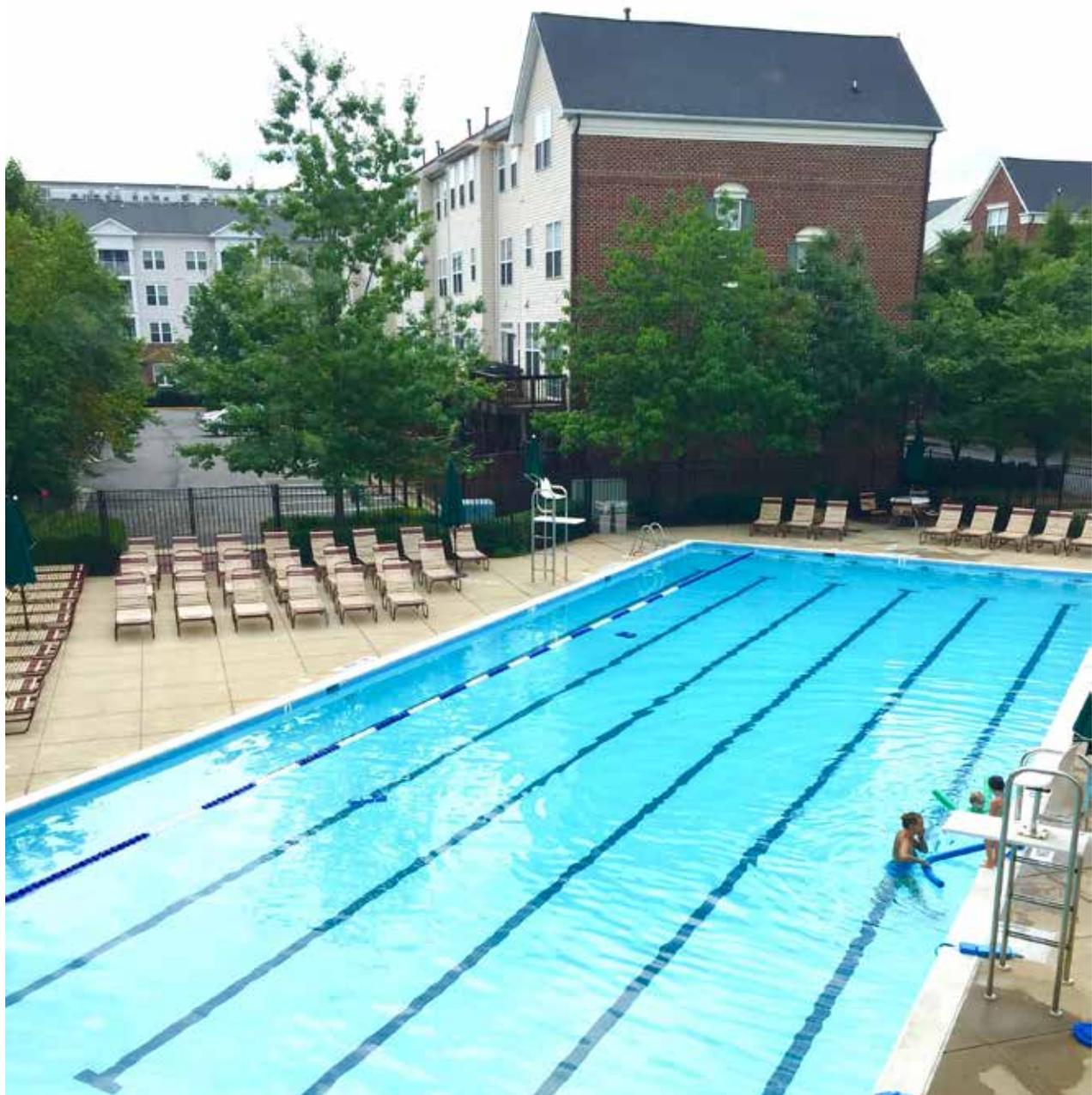
# Swim Lessons Return to Cameron Station Pool

The Cameron Station pool opened for the 2016 season on Saturday, May 28.

Beginning Monday, June 27, swim lessons will be offered at the pool on weekday mornings. Classes for levels 3 and 4 will be offered at 9am; levels 1 and 2 at 9:45. Classes are offered Monday-Thursday, with eight half-hour classes per session. For more information, call 1-800-966-2500 or email [swimlessons@communitypools.com](mailto:swimlessons@communitypools.com).

The pool will be open every day until Labor Day, Monday, September 5. After Labor Day the pool will be open only on weekends until October.

Pool hours are 10:30am-8:30pm. Lap swimming is offered Monday-Friday, 6-8am, except holidays. A lap lane is available every day, 7:30-8:30pm, with two lap lanes available Monday-Friday.



(Photograph by Pat Sigrue)

# Bob & Edith's Diner

By Carla Besosa - Cameron Station Foodie

In this time of frou-frou restaurants and posh dining, it becomes necessary to seek out the diner - a steadfast American tradition dating back to the late 1800s. *Bob & Edith's*, the iconic south Arlington diner, has come to Springfield Plaza.

*Bob & Edith's* was everything I expected it would be - a friendly, bustling, 24/7, inexpensive, traditional, cross-section of humanity with checkered tiles, chrome, tables, booths, stools, Formica...oh, and good food!

Breakfast may be the most popular meal. Order two eggs, any style, with any of the 15 protein choices, including my favorite, scrapple (not readily found in these parts). Loved my *Scrapple, Egg & Cheese Sandwich!* Go traditional or get funky: *Hotcakes* (add chocolate chips), *Waffles* (add walnuts). *Chip Beef on Toast* is a diner must, and *3-Egg Omelets* are cooked to order with every possible combination of ingredients.

The lunch crowd can choose from every kind of sub or sandwich, including *BLT*, *Grilled Bacon-n-Cheese with Tomato*, *Tuna Melt*, and *Chili Dog with Cheese*. In search of a grown-up meal? How can you pass on *Home Made Meat Loaf*?

No respectable diner should be without pies. They have *Cherry*, *Snickers*, *Boston Crème*, *Chocolate Crème*, *French Apple*, and many more. Or indulge in *Home Made Bread Pudding*, *Cheesecake*, *Banana Split*, *Waffle Sundae*, or a *Root Beer Float*.

*Home Made Milk Shakes* are also a diner standard. *Bob & Edith's* prepares seven different flavors, *Coffee*, being my overwhelming favorite.

The diner is well-staffed and the service is efficient. Everyone I encountered was pleasant, and coffee refills were continuous and prompt. In spite of the fact that *Bob & Edith's* is in a shopping center, it conforms to the requisite look and feel of a proper diner.

When that diner mood hits you, *Bob & Edith's* is easily reachable in under 15 minutes, and they're open for

*"I was at this restaurant. The sign said 'Breakfast Anytime.' So I ordered French Toast in the Renaissance."*  
(Steven Wright)

business 24/7. Whatever you're craving, they probably serve it. As a kid I would always opt for *Grilled Cheese* and a *Chocolate Milk Shake*. Presently, I would upgrade to *Steak & Cheese Sub* with a *Coffee Milk Shake!*

## Bob & Edith's Diner

6316 Springfield Plaza  
Springfield, VA 22105  
703-854-1401

(also located at 2310 Columbia Pike  
Arlington, VA 22204)  
[www.bobandediths.com](http://www.bobandediths.com)

### Hours

24 hours/7 days

### Price

Breakfast: \$4.19-\$8.99  
Subs & Sandwiches: \$2.99-\$8.29  
Dinners: \$7.89-\$18.99 (16 oz. T-Bone)  
Desserts: \$2.99-\$5.25

### Smoking

No

### HC Access

Yes

### Parking

Lot

### Reservations

No

### Bar

No

# Advertising & Submissions Policies & Procedures

## Advertising:

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 September to first week of October.

## 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.



## Book Clubs

**Reading Between the Wines**

May: *Boundaries of the Wind* by Urmilla Kharna  
 Jun.: *Cutting for Stone* by Abraham Verghese  
 Jul.: *Between You & Me: Confessions of a Comma Queen* by Mary Norris  
 Aug.: *Zorba the Greek* by Nikos Kazantzakis

**Monday Night Book Ball**

May: *The Round House* by Louise Erdrich  
 Jun.: *Go Set a Watchman* by Harper Lee  
 Jul.: *The Girl on the Train* by Paula Hawkins

**Third Thursday of the Month**

May: *The Little Paris Bookshop* by Nina George  
 Jun.: *The Truth According to Us* by Annie Barrows  
 Jul.: *The Stranger* by Harlan Coben

## Publishing Deadlines

January/February .....	December 30
March/April .....	February 28
May/June .....	April 30
September/October .....	August 30
November/December .....	October 30

## Advertising Rates:

Display Ads (Camera-ready)

1/4 page (3.5" x 4.5") .....	\$150
1/8 page (3.5" x 2") .....	\$125

## Classified Ads (Limit 35 words)

Resident .....	\$5
Non-resident .....	\$25
Lost & Found, Carpool, etc. ....	Free

Checks should be payable to Cameron Station Community Association and sent with camera-ready artwork to *The Compass*, 200 Cameron Station Boulevard, Alexandria, Virginia 22304. Artwork may be emailed to [admin@cameronstation.org](mailto:admin@cameronstation.org).

**Note:** The included advertisements, articles, or references to websites of third parties do not indicate an endorsement by Cameron Station Community Association, Inc. and are not verified for accuracy. *The Compass* will not be responsible for poor ad reproduction due to the quality of the material provided by advertisers.

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## COMMUNITY MANAGEMENT

### Cameron Station Community Association Community Management Coporation (CMC)

Phone: 703-631-7200 Onsite Office 703-567-4881  
After Hours Emergencies 301-446-2635

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**Deirdre Baldino**, Assistant Community Manager  
*assistantmanager@cameronstation.org*

**Meghan Marville**, Covenants Administrator  
*covenants@cameronstation.org*

**Bethlehem Kebede**, Administrative Assistant  
*admin@cameronstation.org*

**Psy Scott**, Director  
Cameron Station Fitness Center  
*cameronclubfitness@gmail.com*  
703-567-8555

## CONDOMINIUM MANAGEMENT

### Cameron Station Condominium "The Residences"

FirstService Residential Management  
Onsite Office: 703-751-5002; Corporate: 703-385-1133  
After Hour Emergency: Same  
**Angela Luker**, Community Manager  
*angela.lucker@fsresidential.com*

**Carlton Place Condominium**  
Abaris Realty  
Phone: 301-468-8919 After Hour Emergency: Same  
**Dany Abebe**, Property Manager, *dabebe@abarisrealty.com*

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After Hour Emergency: 301-446-2635  
**Gita Lainez**, Manager, *glainez@cmc-management.com*

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**John Lyons**, Property Manager, *jlyons@phacm.com*

**Oakland Hall & Woodland Hall Condominiums**  
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# Lupus Night – A Success!

By Carla Besosa

Neighbors came out in full force on March 14 to join London Curry House in the fight against Lupus. Folks enjoyed food, drink, and camaraderie, while the staff catered to the needs of all. It was heartwarming to witness such support by Cameron Station residents and London Curry House (which donated a percentage of total sales). I extend my personal thanks for your participation and generous contributions.



(Photograph by David Thorpe)

## What is lupus?

*Lupus is a chronic, autoimmune disease that can damage any part of the body (skin, joints, and/or organs inside the body). The immune system loses the ability to distinguish between foreign invaders and the body's healthy tissues. Auto-antibodies are created that attack and destroy the body's healthy tissue.*

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# Aren't You Glad They Never Left?

By Pat Sugrue

One sure sign of spring is the turtles returning to Brenman Park pond. The unseasonably warm weather in March brought them back early this year; and you can see dozens of them gathered around "Turtle Bridge," along with tadpoles, Koi, and lots and lots of other fish whose names I wish I knew. The turtles swim in the pond, sun themselves on the banks, float in the marshy weeds...but where did they come from? Where have they been all winter?

Well, according to the kids' page of the website [turtlepuddle.org](http://turtlepuddle.org), most water turtles that live in areas with cold winter weather go deep into the pond and burrow down into the mud and leaves at the bottom. They let themselves get cold, which slows down their bodies so they don't need to eat anymore. Their hearts slow down, too, and beat only once every few minutes. And they stop breathing through their lungs – because their bodies are running at such a slow speed, they only need a small amount of oxygen which they can get from the water. The oxygen sinks in through some specialized skin cells that are just inside the tail opening, so they are actually breathing through their tails! Water turtles will stay like this as long as the weather is cold.

So the next time you are crossing Turtle Bridge and you hear someone ask where the turtles were all winter – and there always seem to be folks pondering that question – you can tell them they have been here the whole time. And along with many of us Cameron Station residents, they've just been waiting for the seasons to change to come out of their burrows.



(Photographs by David Thorpe)



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