

The compass

Newsletter of the Cameron Station Community Association, Inc.

Volume 18 Issue 2 • Mar-Apr 2017

Nominations Being Accepted for 2017 Pride of Ownership

By Susan Willis

In the dead of winter, there are few things more likely to brighten your day than thoughts of enjoying your colorful spring garden in the warm sunshine. Plan now to make your home one of our grand winners in 2017 – you will receive generous gift cards from Cameron Cafe, Home Depot, London Curry House, and Toka Salon, along with the admiration of all your neighbors!

Homes are judged based on the overall outward appearance of the property, including: turf condition; groomed shrubs and trees; and attractively planted, weed-free garden areas. If you have landscaping questions, our volunteer gardeners are happy to assist you. Contact Kathy McCollom at Gardeners@cameronstation.org.

Nominations should be submitted to commonarea@cameronstation.org no later than May 19. Judging will take place soon after, and the winners will be notified.



Remember, you can nominate yourself, your neighbor, or both! The Common Area Committee thanks all participants for helping to beautify Cameron Station and to enhance the value and appeal of our community.

2017 Bake Sale – Annual Fundraiser for the Wounded Warriors

By Dubey Lifmann

Our annual bake sale is scheduled for Saturday, May 13, 2017, from 9am to 1pm at the Cameron Club. This is the only fundraiser we do for the entire year. We accept donations in various forms: baked goods for the bake sale, new men's clothes, and, of course, your checks payable to "Cameron Station for the Wounded Warriors." Your contributions are greatly appreciated.

How do we spend this money? We use 100% of the money to purchase clothing articles for each season, sunglasses, and batteries. We appreciate Catherine Johnson's donation of toothbrushes and toothpaste. We visit the wounded warriors at the Bethesda Naval Hospital at least four times a year.

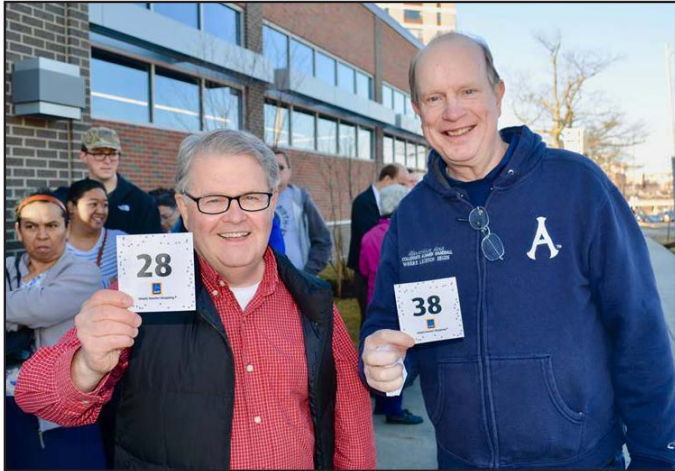
Our visits are welcomed each time. This past January, we experienced an emotional visit. We had some wounded soldiers who had just arrived and were in need of civilian clothing. Everything we brought was gone within an hour! So, your donations make a big difference!

If you want to make a donation, please contact Dubey Lifmann via telephone at 703-370-6362 or via email at dubeyd@comcast.net. Donations can also be sent to the address below:

Dubey Lifmann
135 Somerville St
Alexandria, VA 22304

Just Around the Corner

By Mindy Lyle



(Photo credit: David Thorpe)

Aldi opened their doors on February 23. Over 200 people lined up prior to 8am to be eligible for coupons, prizes, and a chance to be awarded with one year of free produce. Cameron Station residents were among those standing in line waiting for the ribbon cutting. The Aldi store in the 4600 block of Duke Street is a new prototype store. In keeping with the small area plan, which calls for an active streetscape, Aldi added windows and additional glass accents to the building.

The much-anticipated opening of *Portner's Brewhouse* took place on March 7. Portner's is a restaurant, brewery, and craft beer test kitchen. Located on the ground level of the Modera Tempo building, Portner's will provide a walkable dining option for Cameron Station residents.

Landmark Mall is moving toward its long-awaited redevelopment. All mall shops have closed, and Macy's will also be closing its doors due to company-wide store closures. Sears, however, will remain open throughout the redevelopment stages.

Construction is progressing for both *Cameron Park* and *Cambria Square*. Both projects have opened sales, and the first residents have moved into Cambria Square. The residents should move into Cameron Park sometime this summer with construction on the Brandywine Senior Living site due for completion in 2018.

Greenhill Properties, the owner of the majority of the property bordered by Edsall Road, Van Dorn Street, and S. Pickett, has submitted concept plans for a Special Use Permit for development. This concept is a mixed-use development with ground floor retail and public amenities. It should go before the Planning Commission and City Council by October 2017. Over the summer months, the warehouse wall on Edsall Road will be transformed into a mural. Greenhill is in the process of selecting an artist for the project.

Concept plans have also been submitted by MRP and Paradigm for the *Vulcan Concrete* site on Van Dorn Street. This concept includes improvements to Backlick Run, multi-family housing, townhomes, and retail uses. The owners hope to present the concept to the Planning Commission and City Council this year.



(Photo credit: Pat Sugrue)

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.

Previous issues of *The Compass* are available online at 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: Megan Skinner

Editorial Staff: Carla Besosa, Judy Coleman, Lily Engle, Scott E.Z. Franklin, Maya Noronha, Debbie Routt, Eric Veres, and Pat Sugrue

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

Committee Corner

HARD AT WORK ON BEHALF OF OUR RESIDENTS

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fac@cameronstation.org

Jeff Gathers - Chairperson

Workout Parents

Are you an at-home mom or dad who would like a chance to get a workout during the day? Here's an opportunity to get some exercise and take a short break from the kids, all under one roof at the Cameron Club. On Mondays and Wednesdays, from 3:30 to 4:30pm, you can bring your kids to the Victoria Hebert Great Room on the first floor of the Club and alternate childcare duties with other participating parents. *This is not a babysitting service!*



For more details, contact the Fitness Center at 703-567-8555 or *fitness@cameronstation.org*.

Are You "In-the-Know?"

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Committee Corner

HARD AT WORK ON BEHALF OF OUR RESIDENTS

Architectural Review Committee

By Mark Brzezinski

As spring and summer roll around, make sure you read the Cameron Station Design and Maintenance Standards (DMS), and submit your applications to the ARC before beginning any work. It's a great time of year for tree replacement, landscaping, and other projects that require nicer weather, so make sure you get the appropriate guidance and permissions to make your project a success!

Cameron Club Facilities Committee

By Ray Celeste

The Cameron Club Facilities Committee continues to strive to bring to our residents the most up-to-date equipment. Thanks to the Board of Directors, we will soon be purchasing the following equipment:

- two new treadmills
- a Cybex lateral raise
- a Cybex combo leg extension/leg curl
- a Cybex combo bicep curl/triceps extension
- a Cybex seated calf raise
- a Marpo kinetics VLT functional rope trainer
- a Broadcast Vision wireless sound system

Additionally, we have an ongoing pilot program called Gym Assistance. Our fitness director Psy Scott is available for spotting, orientations, workout tips, and assessments. Gym Assistance hours are as follows: Monday, Wednesday, and Friday, 8-10am and Tuesday and Wednesday, 4-6pm.

We would like to congratulate Mr. Seth Weinstein who won the Mannequin challenge. Seth had impressive times with squat (2:18), plank (4:10), and overhead raise (8:10).

Our Fitness Director Psy Scott has the following tip:

Pushing your body into overdrive will manifest physically through tight neck and shoulders and usually digestive malfunctions such as gas, bloating, acid reflux, and all of the symptoms attendant on an imbalance of good and bad gut flora.

You can say hello to hormonal havoc in your body as cortisol and adrenaline are being pumped through your blood without you even knowing it; the boost of these hormones long-term cause your body adrenal exhaustion and an overall hormonal imbalance, which can lead to

some nasty complications such as depression, weight gain, estrogen dominance, insulin resistance (stress has a direct impact on your blood sugar levels), chronic fatigue, and fertility issues. And, of course, this will accelerate the aging process! Hello, wrinkles!

Common Area Committee

By Robert Burns

In March, the Common Area Committee will be commencing its monthly walk-throughs in the community, and this process will continue throughout the fall months. During these walk-throughs, the Common Area Committee, community management, and the community's landscape contractor Lancaster Landscapes will look for issues in the common areas that need to be addressed.

The Committee has also been working on drainage issues in the community, and the Committee continues to work toward repairing the Ticer gazebo. Lastly, the Committee has selected spring flowers that will be planted around the community.

Communications Committee

By Megan Skinner

The Communications Committee recently met with volunteers who are interested in joining the public relations (PR) subcommittee. The volunteers shared their recommendations for creating a strategic PR plan for the community. The initial stages will be research-based; the PR committee members will meet with realtors in the area to learn more about the strengths of the community as well as opportunities for growth. The development of the West End provides amazing opportunities for our community to shine, and we are excited about how the PR committee's expertise can launch Cameron Station to the next level of awesome.

Additional PR committee members are needed. If you would like to join, please contact communications@cameronstation.org.

Financial Advisory Committee

By Jeff Gather

As chair of Cameron Station's Financial Advisory Committee (FAC) for the past several years, I have fielded quite a few questions from the Board of Directors, from our management team, and, less often, from interested

neighbors. The questions cover quite a range, but one topic comes up more than the others. That topic is the financial preparedness for Cameron Station to continue thriving for many years into the future.

All Cameron Station owners receive an annual letter in October that discusses the Association's budget for the upcoming calendar (fiscal) year. The most interesting part of this announcement is the rollout of the new quarterly assessment rates for each classification of unit ownership (e.g., single family, townhome, condominium). Condo owners receive similar information from the separate management companies covering the specific maintenance costs of each complex.

The letter sent by the Cameron Station Community Association (CSCA), otherwise known as the "master association," includes a detailed comparison of the budgets for the current and upcoming year. You may – or may not – have kept a copy by your bedside for reference.

- The total 2017 CSCA budget is \$2,472,700 for both income and expenditures. It is precisely "balanced."
- There are a lot of "line items" in the budget – 25 for income sources and nearly 100 for expenses. Almost all of these relate to income to be collected and operating expenses to be paid for to meet Association needs in 2017.
- A significant (but sometimes overlooked) exception is a 2017 budget allocation of \$308,500 (12.5% of the total) for "Replacement Reserve" contributions.

This allocation is not unique to 2017. Similar allocations have been made each year since the beginning of Cameron Station – and will continue every year in what we expect to be a long future. These amounts are set aside as a "reserve" on the CSCA balance sheet and backed by invested assets for the exclusive purpose of financing future expenditures for major repairs and replacements of Cameron Station's common-use buildings and grounds.

The Replacement Reserve currently has a balance of about \$1,600,000. This year, and every year in the future, we will add to the reserve as described above. We will also reduce the reserve as we actually spend money to finance major repairs and replacements. As noted, this year, we will add \$308,500, but we also expect to withdraw about \$240,000 for such expenditures as replacement equipment for the fitness center, patching for our private streets, partial sidewalk replacements, and new mechanical equipment for the pool – among others. Expenditures in 2018 and 2019 are expected to be less, but 2020 will likely be an expensive year.

How do we know all of this? We can't see the future with total precision, but we can be pretty comfortable that our long-term financial plan will be workable – with some significant help. The primary source of that help is our reserve study. We might like to think that we are smart enough to do this on our own, but state law actually requires homeowners' associations to retain an independent engineer to conduct a reserve study no less frequently than once every five years. Cameron Station's most recent reserve study was completed in 2016.

The designated engineer starts a reserve study with a thorough on-site inventory and inspection of (in Cameron Station's case) roughly 50 individual "elements" of our building and grounds that will require major repairs or replacement at any time in the next 30 years. These expected repair costs, including future inflation, are organized into a year-by-year schedule for each element covering all 30 years.

Yes, it is impossible to predict expenses 30 years from now with any real precision, but the key for the Board and management is to be (politely) reminded that those future costs are "out there." That is where the renewal of the reserve study every five years comes into play. Each study provides an opportunity to update both timing and cost of each expected expense, based on changes in property conditions and market prices in the interim.

The final step is to develop a schedule of expected reserve contributions that demonstrate the ability to maintain a positive balance in the reserve – all while minimizing year-to-year fluctuations in the impact on assessment income.

Finally, as noted, all of the numbers included above apply only to the master association's reserve management process. Those who own a condominium can be assured that each of the six condo associations is independently following very much the same approach to their property's long-term maintenance needs.

Website Registration

If you have not already registered for the Cameron Station website, 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 or call 703-567-4881.

5 Tips for a Better Early Morning Workout

By Elin Kanchev



1. Create a Regimen, and Commit to Consistency.

The more you do, the more you adapt. We are all creatures of habit. Using an alarm clock and creating meal times and regular work out times are all cues that set our cycles. Individuals who consistently work out at the same time educate their bodies to be prepared for exercise at that particular time of day. Once you set your systems, they will serve you over and over again.

2. Pre-Plan Your Day in Advance.

From your breakfast to your gear – set it all up in advance. That will save you time and frustration in the morning. Do not forget to put high-quality nutrients in your system (unless you are on a specific diet/regimen). Prepare all necessary ingredients the night before, and be ready for action in the morning. Make sure you are including all macros as well as essential vitamins and minerals. Hydrate yourself.

3. Get Enough Rest.

Sleep is crucial. During sleep, most systems in humans are in an anabolic state, building up the immune, nervous, skeletal, hormonal, and muscular systems. Most adults

need between seven and eight hours of sleep at night. Make sure you provide enough sleep for your body and your brain; they will pay you back.

4. Pump Yourself Up for Success.

When it comes down to working out in the early morning, many of us struggle with getting started. An excellent way to overcome the natural reluctance of the body is by creating uplifting rituals. From listening to music with high BPMs (beats per minute) to using incantations, affirmations, and breathing techniques, just find your “activation button,” and use it religiously. That can make or break your workout and your entire day.

5. Enjoy!

Analyze your past workout experience, figure out what kind of physical activity excites you, and commit to it. You’ll be more inclined to get out of bed, when you are looking forward to something that you actually like. Whether it’s a bike ride, a yoga session, or a lively run, perform a morning workout you enjoy. If that’s not the case and you hate working out, then think of the reward and all other things it will enable you to do.

The Hives and Lows of Beekeeping

By Deborah Routt

I've been trying my hand at beekeeping for five years. All I can say is that I really appreciate local beekeepers and local honey products more than ever. Six years ago, my husband surprised me with a starter beekeeping kit as a holiday present. We were living in Connecticut at the time, and I was as excited as an elementary school kid. I found a supplier in Upstate New York from whom we ordered a "starter package" of honey bees. My husband had business in the area, so he picked up the precious cargo (a shoebox-sized package of bees with one queen and about 3,000 buzzing bees) and brought it home for our inaugural installation.

We made a custom hive stand in the backyard. The hive faced southeast so the sun would wake up the bees and indicate that it's time to go to work harvesting nectar and pollen. We installed the bees and fed them sugar syrup until we knew there was enough naturally occurring nectar from trees and flowers to sustain them. We watched the bees multiply over the spring and summer months. We even watched them "cool" by making a "beard" on the outside of the hive on the hottest days of August. We felt like we were on our way, and then a black bear attacked the hive in October. Contrary to what you may have learned from Disney or Hanna-Barbera cartoons, bears don't want to eat the honey; they want the larvae in the hive, which provides protein to sustain them over winter.

After 11 months of effort, we had nothing to show for it. Shortly thereafter, we moved to Old Town where we had a family friend who had a weekend home in Maryland—approximately 45 minutes away. We were talking hobbies over dinner at her cottage, and she offered to let us keep the hive and bees on her property. She said she'd join us and become a hobby beekeeper too! We both joined BUMBA, the Bower-Upper Marlboro Beekeepers Association. We took introductory beekeeping classes for about six weeks. We bought the extra equipment we needed to sustain two hives. We ordered our packages of bees and queens. We installed them, fed them, and nurtured them to the best of our ability. We learned to "re-queen" one of the queens in the case that it became sick, died, or was "balled" (cooked to death by suffocating).

We saw healthy signs of nectar and pollen collection: Nectar is the bees' carbohydrate; pollen serves as bees' protein source. We took precautions to keep hive beetles

at bay. We added supers to give the bees room to expand and add comb. We learned to improvise and to make sure they had fresh water during the dog days of summer; a beehive needs a gallon of water per day during the height of summer. It looked like we would go into late fall/early winter in good shape.

Then, Hurricane Sandy struck. The tops of the hives blew off; the bees were probably sucked out or killed by the fierce rains and force of the winds. This was the second strike out, which brought total devastation along with it. I packed all my beekeeping gear away in my Cameron Station garage for two years. I wasn't really sure I was cut out to be a hobby beekeeper. Then, my work colleague asked me if I'd attend beekeeping classes with her at Northern Virginia Beekeepers Association (NVBA). We went to classes over another six weeks in Falls Church, and we were assigned Frank Linton, NVBA's librarian and Eastern Apicultural Society's (EAS) Master Beekeeper, as our mentor! One of our instructors lived only four blocks away from our primary

(See Beekeeping continued on page 11)

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Springtime Abundance: The West End Farmers' Market Returns Soon

By Susan Birchler



(Photo credit: Susan Birchler)

What is it about warm days that make me want to invite everyone over, make a yummy salad, create killer cocktails, and grill some exceptional meats? I don't know exactly, but I do know this: Spring is about abundance, and I oblige whole-heartedly. In spring, I plan more outings, invite more people over, and indulge more in good food and cocktails!

Does my mail need opening? Do I have hours of paperwork to do? Am I swamped with laundry and household repairs? On a marvelous day when my hair moves slightly in a warm breeze and my face is turned to the sun, does it matter? Absolutely not! The mundane can wait until nightfall. Don't ask me to come inside on a balmy spring day.

This addiction to abundance applies to food as well. When it gets warm, my palate goes crazy with longings. I yearn for fresh crispy spring greens. I crave strawberries and raspberries. I pine for new asparagus. In short, I hanker after foods recently pulled out of the chilly spring ground



(Photo credit: Susan Birchler)

from a Virginia farm—lettuces, radishes, beets, spinach, scallions, chard, onions, kale, cabbage, beets, and chard.

Close your eyes and imagine this: a bowl of spinach and baby greens, just picked and crispy fresh, topped with strawberries, local goat cheese, and topped with grilled chicken. Add in white wine sangria and some freshly baked French bread. Place this all outside in the park, on your balcony, or in the backyard. Am I tempting you? Are you ready for some spring abundance? I am, and, luckily, I don't have long to wait!

Your local West End Farmers Market, the place to eat well and have fun, is reopening on May 7, which is just a few weeks away. You can start your spring fling with abundance a few blocks from your house in the south parking lot of Ben Brenman Park, on Sundays, from 8:30am to 1pm, May through October.



(Photo credit: Susan Birchler)

Spring fun would not be complete without a little indulgent shopping for new earrings, bracelets, and necklaces; colorful soaps; fun wooden toys; clever stationery; cute knitted booties and hats for the spring babies; household linens; door wreaths; and much more! You can even get your hair cut at Rubie's mobile hair salon! Our motto is to "Eat well, and have fun," and we strive mightily to provide that experience!



If you are new to the area and aren't familiar with the market – it is a foodie paradise with a full complement of goodies. The market boasts five farmers, one of whom is certified organic and others on the way to certification. You can always find freshly picked, locally grown, exquisite vegetables. Our orchard guy, Barry, and his sons spread out an unparalleled array of delectable fruits. Look for the peaches to be early this year! Are you looking for baked goods? Try the pastries, French croissants and breads, the All-American donut, cupcakes, Uzbekistan coffee cakes, and flat breads, plus vegan and gluten-free yumminess. In addition, you can find free-range meats, olive oils, cheeses, empanadas, coffee—freshly brewed or ground to take home, and fresh-squeezed orange juice. Once a month, the food trucks visit!



(Photo credit: David Thorpe)

If you would like to know more about the market, please visit our website. There is a complete list of vendors with descriptions and photos: www.westendfarmersmarket.org.

Check us out on Facebook for weekly information on what's new at the market, nonprofits or government agencies scheduled to be present at the market, and new vendors for the week: <https://www.facebook.com/WestEndFarmersMarket/>.

Join us on Twitter for the shortened version of what's new at the market @WEFM.

Come on by, and indulge! See you at the market!

Everybody Wins!



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In Memory of Laurianne Dubia



The Compass usually reserves Memoriams for current residents of Cameron Station, but exceptions are made. LA, as she was affectionately known to her family and friends, was one of the first to buy in our community. She was such a vital part of community life, and beloved by so many, that we believe she deserves this recognition.

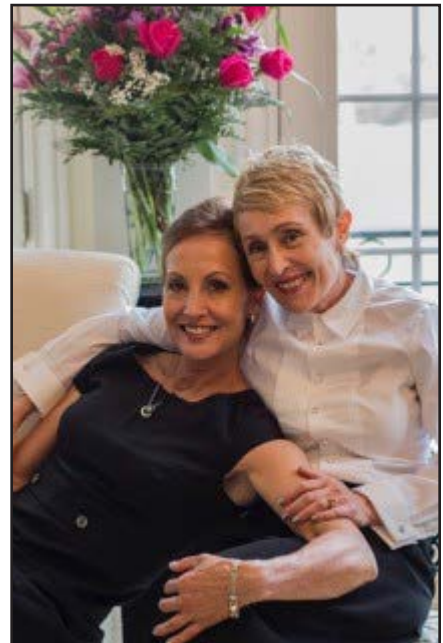
LA passed away on January 24, 2017, in Fort Lauderdale, Florida, where she and her wife Sonia Agosto had moved after living for 15 years in Cameron Station. Born in Fort Benning, Georgia, LA served 20 years in the U.S. Army Adjutant General Corps, retiring in 1996 with the rank of Lieutenant Colonel. She also worked for more than two decades as a financial advisor, taking great fulfillment from helping service members, as well as those in civil service and the private sector, to secure a better future for themselves and their loved ones.

LA worked hard but played even harder. She and Sonia moved into Cameron Station in 2001, and as soon as she arrived, she threw herself into the life of her community. You could find her in the restaurant, the coffee shop, and the little market. She went to happy hours, holiday parties, the farmers' market, and Martini Mondays. In 2008, she helped Sonia put on the spectacular Tenth Anniversary Party. And almost every day, weather permitting, you could find LA on her bike, riding around the neighborhood, and smiling and waving to her friends.

LA had boundless energy and spent it traveling, biking, hiking, rafting, kayaking, jet skiing, and learning to play the harmonica and the ukulele; and she was always game for a round of online Scrabble or Candy Crush.

LA's courage, perseverance, and passion for life were an inspiration to all who knew her, and her beautiful smile will be missed by so many whose lives she touched.

In recognition of her service to her country, LA will be buried in Arlington National Cemetery. For those who have inquired, the family suggests donations to Hospice by the Sea (www.hpbcf.org) or Caring Bridge (www.caringbridge.org).



Let Us Hear from You...

The staff of *The Compass* welcomes your comments and suggestions about the newsletter and community updates. Please send them to thecompass@cameronstation.org. Thank you.

Join the Club. Or Start One!

Do you have a special interest or talent you'd like to share with others? Walking or bicycling, knitting or sewing, Scrabble or bridge, just to name a few? If yes, contact *The Compass* and we'll be happy to connect you with other neighbors who share your interests. Send your information, including name and contact information, to thecompass@cameronstation.org.



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on page 21.

Beekeeping

(continued from page 7)



hive location. Once we set up our hives, Frank helped us oversee our installation. We were finally “cooking.” Five months later, we replaced our “generic” queens from our package purchase with specially raised hygienic queens—queens bred to be more resistant to varroa mites and/or other diseases. We found a supplier in Lancaster, PA, who has been raising queens for about 25 years. We expanded to five hives and managed to get all of them to successfully “overwinter” in 2015.

In February 2016, we could see the hives were abuzz with a lot of activity on warm winter days. By March, we conducted full hive inspections to see how the replacement queens were laying. These new queens performed so well that we were ready to pull frames of honeycomb and golden sweet wildflower honey by the first week of July. We extracted about 90 pounds of honey from all of our hives. We invested in a filtration system, a stainless steel extractor, and jars. We made packages for family and friends, and we kept some of the honey just for our hardworking bees so they would be in strong shape to overwinter in 2016. Sadly, in September, one hive decided to “fly the coop”; the bees swarmed, and after they left, the bees in the nearby hives raided the honey stores left behind. The combs were drained dry. Happily, we can reuse the comb next spring, saving the bees time and energy.

Beekeeping is a labor of love. You need to read and research, try new approaches, and keep good records of the changes you make—from adding supers and frames, to pest control, to queen management, and swarm control. The results are heavenly; there really is nothing like having locally harvested wildflower honey from local bees. Beekeepers across the United States lost approximately 44% of their honey bee colonies from April 2015 to April 2016. So, technically, we beat the odds. Our mentor, Frank Linton, lost all of his hives, except one indoor observation hive, last winter. Cross your fingers that 2017 is a good year and that we harvest more liquid gold from our very productive hives!

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703-836-0041



Carla's Picks

By Carla Besosa

Arena Stage (DC)

Mar. 31-May 7 - *A Raisin in the Sun*

Apr. 14 - *Smart People*

The Barns at Wolf Trap (Vienna)

Apr. 15 - The Gay Men's Chorus of Washington, DC:
God Save the Queens

Apr. 22 - Branford Marsalis Quartet with Kurt Elling

Apr. 28 - Emerson String Quartet

Birchmere (Alexandria)

Apr. 8 - Keiko Matsui

Apr. 23 - Carpenter's Shelter Cook-Off

Apr. 27 - Everly Brothers Tribute

May 3 - Melissa Etheridge

May 4 - 10,000 Maniacs

May 15 - Gordon Lightfoot

May 20 - Walter Beasley

May 23 - Keifer Sutherland

May 25 - Three Dog Night

May 26 - Ottmar Liebert

Blues Alley (Georgetown/DC)

Apr. 4 - Jeff Lorber Fusion

May 18-21 - Arturo Sandoval

Carlyle Club (Alexandria)

Apr. 21 - The 70s Best Show

Apr. 28 - Marvin Gaye/Teddy Pendergrass Tribute

Creative Cauldron (Falls Church)

Mar. 17-Apr. 19 - *The Emperor's New Clothes*

May 4-28 - *Kaleidoscope*

Dance Place (DC)

Apr. 22-23 - Rennie Harris Puremovement

Del Ray Artisans Gallery (Del Ray)

May 5 - Opening Reception: Speak Your Mind

Dulles Expo Center (Chantilly)

Apr. 29-30 - D.C. Big Flea & Antique Market

May 13-14 - Heritage India Festival

May 19-21 - International Gem & Jewelry Show

1st Stage Theater (Tysons)

Mar. 23-Apr. 23 - *Well*

Gadsby's Tavern (Old Town)

Apr. 1 - 13th Annual Rum Punch Challenge

George Mason Center for the Arts (Fairfax)

Apr. 1 - Dance Gala Concert

The Hamilton (DC)

Apr. 6 - Eliane Elias

Harman Hall (DC)

Apr. 25-May 28 - *Macbeth*

Howard Theater (DC)

Apr. 21 - Lizz Wright

The Hub Theater (Fairfax)

Apr. 14-May 7 - *The Late Wedding*

Imagination Stage (Bethesda)

Apr. 22-May 28 - *The Jungle Book*

Kennedy Center (DC)

Apr. 8 - Anne-Sophie Mutter Violin, Lambert Orkis
piano

May 5 - Jane Monheit sings Ella Fitzgerald

May 5-6 - NSO Pops: Indigo Girls

May 6-21 - Washington National Opera: *Madame
Butterfly*

May 8 - Come Together: A Celebration of John Lennon

Lincoln Theater (DC)

May 21 - Garrison Keillor

Little Theater of Alexandria (Old Town)

Apr. 22-May 13 - *The Fabulous Lipitones*

MGM National Harbor (P.G. Co.)

Apr. 29-30 - Billy Crystal

May 7 - Julianne & Derek Hough Move Beyond

May 13 - Temptations & Four Tops

Mount Vernon (Alexandria)

May 19-21 - Spring Wine Festival & Sunset Tour

National Harbor (P.G. Co.)

Apr. 29-30 - Wine & Food Fest

May 4 - Movie: *Star Trek Beyond*

May 7 - Movie: *Finding Nemo; Finding Dory*

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

May 11 - Movie: *Mother's Day*
May 14 - Movie: *Storks*
May 18 - Movie: *La La Land*
May 21 - Movie: *The Secret Life of Pets*
May 25 - Movie: *Fantastic Beasts & Where to Find Them*
May 28 - Movie: *Jungle Book*

National Theater (DC)

Apr. 18-May 13 - *Fun Home*

Round House Theater (Bethesda)

Apr. 12-May 7 - *Caroline, Or Change*

Signature Theater (Shirlington)

Mar. 14-Apr. 30 - *Midwestern Gothic*

State Theater (Falls Church)

May 16 - Buddy Guy

The Strathmore (Bethesda)

Apr. 2 - BSO: Rimsky-Korsakov's *Scheherazade*
Apr. 20 - BSO: The Doo Wop Project
Apr. 22 - National Philharmonic: *Mussorgsky's Pictures at an Exhibition*
May 5-7 - BSO: Stravinsky's *Firebird*
May 6 - Tony Bennett
May 20 - National Philharmonic: *Carmina Burana*
May 27 - Whoopi Goldberg

Studio Theater (DC)

Mar. 16-Apr. 23 - *No Sisters*

Synetic Theater (Crystal City)

May 10-June 11 - *The Hunchback of Notre Dame*

Theater J (DC)

Apr. 5-May 7 - *Brighton Beach Memoirs*

Warner Theater (DC)

Apr. 7-8 - Frankie Valli & The Four Seasons
May 11 - Kris Kristofferson

Woolly Mammoth (DC)

Mar. 27-Apr. 23 - *Pike St*
May 22-Jun. 18 - *HIR*

And Another Thing...

(in my stream-of-consciousness order)

New Eats!

Myron Mixon's Pitmaster BBQ, 200 N. Lee St./Old Town
(formerly Overwood)

Ocha Tea, 6652 Little River Tnkp. (Willow Run Center)

Meggrolls, Old Town (date/location TBA)

Northside 10, 10 E. Glebe Rd./Del Ray (formerly Chez Andre)

Whiskey & Oyster, 333 John Carlyle St./Carlyle (Spring)

Nicecream Factory, 726 King St./Old Town (Spring)

NazBro Chocolates & Fudge, 1309 King St.

Dolce & Bean, Del Ray (Spring)

Duck Donuts, 3610-F King St. (Bradlee)

Flat Top Burger, 529 E. Howell Ave. (formerly Chickpea Mediterranean Grill)

The Italian Place, 621 Wythe St. (Old Town)

Sunday in Saigon, 682 N. St. Asaph St./Old Town (Spring/
formerly Teatism)

Nasime, 1209 King St./Old Town

Old House, 1024 Cameron St./Old Town (date TBA/
formerly Sultan Kabob)

Pho 95, 265 S. Van Dorn St./Van Dorn Plaza (West End)

Bob & Edith's Diner/Huntington Station (Spring)

Yates Pizza Palace (still "coming soon"!)

(See Carla's Picks continued on page 16)

Carla's Picks

(continued from page 15)

Music!

If you like Bonnie Raitt, check out Maria Muldour's "Fanning the Flames."

Other Stuff!

Aldi is open! (formerly Tres Hermanas, Mango Mike's, & Bombay Bicycle Club)

According to Open Table, two of the area's Top 10 Best Overall restaurants can be found in Alexandria: **Aditi Indian Dining**, 5926 Kingstowne Blvd., #150, and **Captain Gregory's**, 804 N. Henry St.

Hotel Indigo, Waterfront/Old Town to open this Spring (restaurant TBD)

Sinbad, CLOSED

Guitar Center, open in Alexandria Commons

Happy Easter

April 16th



Wounded Warriors
Bake Sale
Saturday,
May 13, 2017
9am-1pm
Victoria Hebert
Great Room
in the
Cameron Club



An advertisement for Elin4STM. On the left, a group of four people (three men and one woman) are posing in a gym. They are dressed in athletic wear. The background shows gym equipment. On the right, there is a black box with white text. At the top right of the box is the Elin4STM logo, which consists of the word "ELIN" in a large, stylized font with a small figure above the 'i', and "PERSONAL TRAINING REDEFINED" in a smaller font below it. The main text in the box reads: "Have you found the training you've always dreamed of?" followed by "Reach out today @ me@elinkanchev.com and get a complimentary session to find out if our team is what you are looking for!" and the website "www.elin4stm.com" at the bottom.

Not Receiving *The Compass* Regularly?

If you have not been receiving the newsletter on a regular basis, or know of any neighbors who have not been receiving it, please contact the HOA office at 703-567-4881 or communitymanager@cameronstation.org to be sure they have the correct address on the mailing list. Each occupied residence is entitled to one copy of each issue of *The Compass*.



Madness in March is great... unless you're selling your home.

Waiting until the last second and hoping for a miracle isn't a good strategy to get the most money in your home sale. If you are selling now or into the spring, it's time to start planning. Decluttering, staging, shining up, highest-quality photos, correct pricing and our Coming Soon program all come together to create a customized marketing dynamo ensuring you hit nothing but the bottom of the net. With our experience and expertise, getting top dollar will be a slam dunk.

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Yayla Bistro

By Carla Besosa, Cameron Station Foodie

"The secret of success in life is to eat what you like and let the food fight it out inside." – Mark Twain



(Photo credit: David Thorpe)

Allow me to introduce you to one of my favorite restaurants — *Yayla Bistro*! Located in Arlington (but just two blocks from Falls Church), it has become a regular dining destination for me over the past several years. The menu is Mediterranean, showcasing primarily Turkish dishes.



(Photo credit: David Thorpe)

The food is extremely fresh and complimented by fresh herbs. *Yayla Bistro* is a mid-size venue with a small bar and small deck for al fresco dining. The owners are friendly and very "hands-on," and my favorite server, Amed, is practically like family.

I strongly recommend starting with the *Yayla Signature Soup*. I would describe this as the Turkish version of the Greek Avgolemono soup but with a smoother texture and

a tangy finish — delicious! Other favorite starters are the *Hummus*, *Chef's Cigars*, and *pan-seared Halloumi*.



(Photo credit: David Thorpe)

Pideler (flat bread) comes in five varieties featuring an assortment of flavorful toppings: Turkish sausage, feta, onion, lamb, spinach, mozzarella, and Turkish beef. Order one as your entrée, or share one as a starter or side.

The fresh salads incorporate a variety of ingredients including chicken and falafel, but the award for aesthetics goes to the *Beet Salad* with slices of beets and oranges, served over whipped garlic olive oil potatoes, and topped-off with red onion, walnuts, and lemon juice. (Are you getting a visual?)

My favorite entree is *Karides Tava*, which is shrimp sautéed in butter, lemon, and olive oil with fresh tomato and parsley. The dish comes with a choice of bulgur (my pick) or rice pilaf. One of the signature dishes is their *Lamb Chops*, which is marinated and grilled New Zealand baby lamb chops. Their fresh *Bronzino* filet is grilled and then presented with a lemon-olive oil sauce. Other options include creations made from chicken, ground beef, filet mignon, and salmon.



(Photo credit: David Thorpe)

Yayla's wine list includes several Turkish wines; however, I stick with my *Leese-Fitch California Chardonnay*. From the beer selection, I would recommend the Turkish *Efes Pilsner* or the Lebanese *Almaza Pilsner*. If you are in search of a frou-frou cocktail, try the *Med Turquoise*, which is a mixture of Malibu rum, pineapple juice, blue Curacao, and peach schnapps.

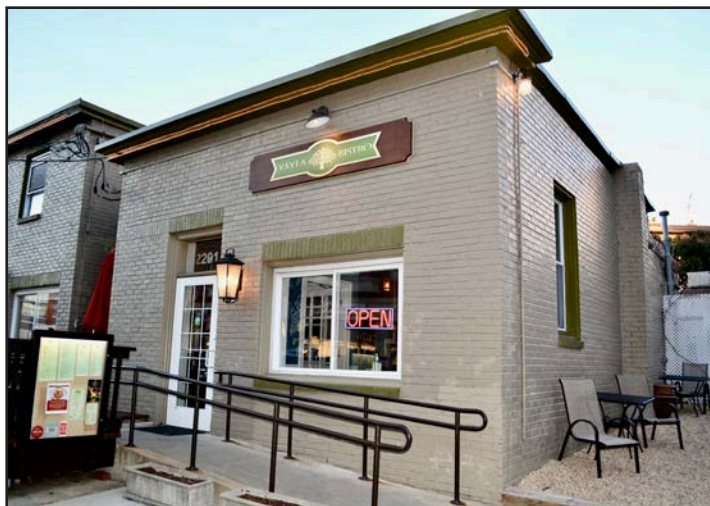
Dessert time! Go for the *Baklava* or the *Apricot Delight* — fresh, walnut-stuffed apricots over a rich vanilla mascarpone with a drizzle of caramel sauce and a sprinkle of crushed pistachios. Pair with Turkish coffee or a masterfully crafted cappuccino.



(Photo credit: David Thorpe)

I love this place! Fresh food, flavorfully prepared, reasonably priced, consistently tasty, served by a charming server, and in a pleasant atmosphere. (I've even picked up a few Turkish phrases!) I encourage you to explore this gem of a restaurant. Register on their website, and learn about the many amazing specials they run throughout the year.

Afiyet Olsun! (Bon Appetit!)



(Photo credit: David Thorpe)

Yayla Bistro

2201 N. Westmoreland St
Arlington, VA 22213
703-533-5600

www.yaylabistro.com

Hours

Daily: 11am-9pm
Happy Hour: M-F, 4-7pm at the bar

Price

Starters (Soup, Cold Mezzes, Hot Mezzes): \$6-\$12
Wraps (lunch only): \$10-\$11
Pideler (Flat Breads): \$11-\$15
Entrees: \$13-\$23
Brunch: \$7-\$15
Desserts: \$5-\$6
Kids' Menu Available
Catering Offered

Smoking

No

HC Access

Yes

Parking

Street and Adjacent Garage

Reservations

Yes
(Open Table)

Bar

Full

Spring Yard Sale

Saturday, April, 29, 2017 (Rain date: May 5/6)

8am-1pm

Mark your calendars for the neighborhood yard sale! Help potential buyers find you and your neighbors by picking up balloons from the Cameron Club between 7:30am and 8am on April 29. Those participating are able to display their wares from 8am to 1pm, which are the official hours of the event.

FAQs:

1. No registration/spot reservation is required to participate as a seller. By putting out a balloon on your property or near your goods for sale, you're indicating to the public that you are participating in the event.
2. Balloons are available for pick-up 7:30-8am in the Fitness Center lobby the day of the event. One balloon per household.
3. Goods for sale can be displayed in garages/driveways for townhome owners and detached homeowners, and on the sidewalk in the common area in front of a condominium building for condo owners.
4. Any items are eligible for sale. There is no list of approved-only items for the event.
5. Tables and chairs are not provided by the community; these can be put out by the sellers, if desired.
6. CSCA advertises the yard sale in *The Washington Post* and on Craigslist. Individuals are free to place individual advertisements on their own if desired.

Yard Sale Tips:

- Price things carefully.
- Label things well.
- Have grocery bags for buyers.
- Get your change ahead of time.
- Play soft, easy listening music.
- Have directional signage, if needed.
- Be willing to bargain.
- If needed, mark what's not for sale.
- Expect early birds.
- Keep smiling!



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 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
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.

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.

Book Clubs

Reading Between the Wines

March: *At Home* by Bill Bryson
 April: *The Light in the Ruins* by Chris Bohjalian
 May: *Same Family, Different Colors* by Lori L. Tharpes

Third Thursday of the Month

March: *A Man Called Ove* by Fredrik Backman
 April: *Hillbilly Elegy: A Memoir of a Family and Culture in Crisis* by J.D. Vance
 May: *Winter Garden* by Kristin Hannah

Monday Night Book Ball

March: *A Gentleman in Moscow* by Amor Towles
 April: *Without a Map* by Meredith Hall



If you are interested in joining the Third Thursday of the Month Book Club, please contact MHBirchler@gmail.com. We would love to have you!

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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

Bette Sanft, Community Manager

communitymanager@cameronstation.org

Deirdre Baldino, Assistant Community Manager

assistantmanager@cameronstation.org

Sabastian Hobson, 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*

Condominiums at Cameron Boulevard

CMC

Phone: 703-631-7200

After Hour Emergency: 301-446-2635

Gita Lainez, Manager, *glainez@cmc-management.com*

Main Street Condominium

GHA Community Management

Phone: 703-752-8300

After Hour Emergency: 888-660-7132

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

Oakland Hall & Woodland Hall Condominiums

CMC

Phone 703-631-7200

After Hour Emergency: 301-446-2635

Whitney Shepard (CMC)

swhitney@cmc-management.com



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A Big Thanks to Cameron Station Management



(Photo credit: David Thorpe)

We want to thank the management team that keeps Cameron Station running so smoothly: Sebastian Hobson, Bethlehem (Mimi) Kebede, Bette Sanft, and Deirdre Baldino. Thank you all for the time you invest in our community.

We appreciate you!

The compass

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